

Ready to write...

We live in a culture that measures the success of a child by their ability to read, write and understand numbers. However, allowing children to play, explore and discover in early years means that they WILL be ready to learn.

CORE MUSCLES



Before a child can even begin to think about holding a pencil correctly and writing, they need to be given lots of opportunities to strengthen their muscles. First, they need to concentrate on developing their core strength so that they will be able to sit comfortably at a desk; climbing, balancing, jumping and generally just exploring outside.

GROSS MUSCLES



Next you need to develop their gross motor muscles. Children benefit from engaging in activities that require them to use large arm movements such as vertical mark making; rollers, paintbrushes, chalk. Giving children time to develop their hand to eye coordination through ball games, target throwing and hammering.

FINE MUSCLES



Once children have strengthened their gross motor muscles, they can concentrate on developing their fine motor muscles so that they will be ready to begin writing. This can be done using tweezers to pick up small objects, cutting with scissors, using their pincer grip to pick up and placing objects.

HAVE FUN MARK MAKING



Finally have fun making marks in different ways. Children love messy play and instinctively make marks and patterns. Thinking outside the box to encourage mark making; under the table, in sand, using brooms on the ground. The possibilities are endless.

Once children are ready to write they need to be provided with opportunities that will spark their imagination and allow children to become story tellers. Children need to be given the chance to experience different things and most importantly read to regularly.