

Kindergarten Readiness -- HANDWRITING

	<u>Tips to help your child get ready for handwriting</u>	
Dominant Hand	- Is your child right handed or left handed? - Encourage your child to use only their dominant hand while writing, coloring, or drawing - Your child may try to switch hands as their muscles begin to feel tired, please encourage them to take a break and then continue working with the same hand, this will help them to gain strength in the dominant hand - The non-dominant hand should be used as a “helper hand” to stabilize the paper while writing or coloring	
Pencil Grasp	- Encourage your child to hold a pencil or crayon with the tips of their fingers versus their whole hand - This is called a tripod grasp - The pencil is held with the thumb and index finger The pencil rests on the side of the middle finger and the ring and small fingers are tucked away. - Practice having them turn their pencil over and erase mistakes completely	Tripod grasp (4 ½ - 7 years) 
Pre-writing Strokes	- Have your child practice copying pre-writing strokes - Horizontal line — - Vertical line - Circle O - Diagonal lines / \ - Intersecting lines + X - Knowing how to copy these lines will help your child start to form letters and write their name	
Scissors	- With adult supervision, let your child practice using scissors - Scissors should be held with the dominant hand. The thumb should be in the top loop and the index/middle fingers should be in the bottom loop. - Have your child practice snipping paper, cutting straight lines, and basic shapes (circle, square rectangle, triangle, oval) - Junk mail/magazines are great to use for practicing with scissors	
Putting away supplies	- Have your child practice managing their school supplies. - Opening and closing glue and markers - Putting paper in folder pockets - Putting folders in backpacks - Zippering and unzipping backpacks	