

Occupational Therapy Advice

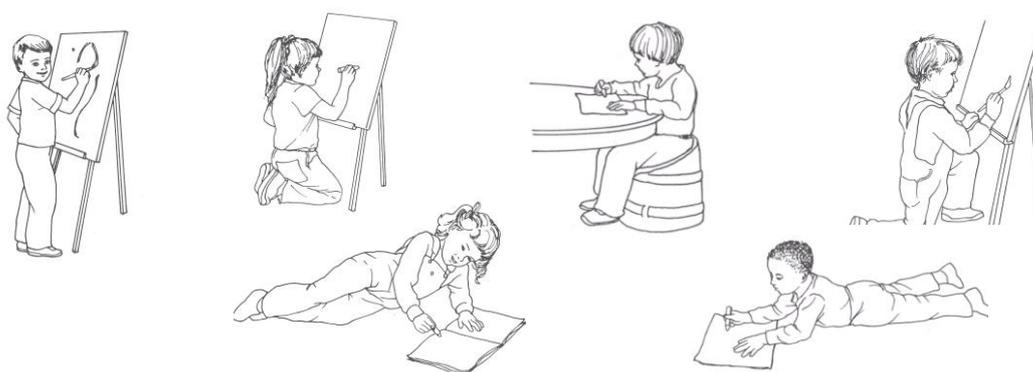
2017



Pre-writing skills

Suggested strategies and activities:

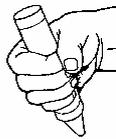
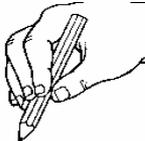
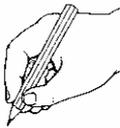
- * Pre-writing skills are an important basis for learning to read and write. Children need to consolidate these skills before they are ready to write.
- * Here are some examples of important pre-writing skills. Your therapist will be able to advise you on activities for any areas that require stimulation:
 - Adequate posture and shoulder stability.
 - Fine motor skill and appropriate development of pencil grasp.
 - Basic concepts: Ability to match and name colours, shapes, numbers and body parts.
 - Development of pencil control and an ability to complete activities such as mazes, dot-to-dot pictures, tracing and colouring-in pictures.
 - Ability to draw pre-writing shapes.
 - Ability to copy e.g. during construction games or craft activities.
- * Pre-writing positions: Try to incorporate different pre-writing positions when drawing or painting as this helps to strengthen the trunk and shoulders:



- * Pencil grasp and the ability to draw pre-writing shapes generally develop in a sequence. It is important that your child's pre-writing activities are targeted at the right level to maximise development in these areas. Your therapist will be able to advise you of activities and strategies appropriate to your child's developmental level.

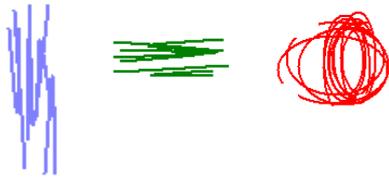
Development of pencil grasp:

Pencil grasp develops as a child grows up and progresses from one grasp to another over a period of time through a specific developmental sequence to reach a mature tripod grasp. In general a young child can hold a crayon with a tripod grasp if prompted to do so or if their fingers are placed correctly, however will not sustain this grasp throughout activity if their fingers are not ready to! Children require fine motor stimulation to develop their pencil grasps and may need specialised pencils/ crayons to further assist them.

Grasp development		Current grasp
Palmar-Supinate Grasp		
Digital-Pronate Grasp		
Static Tripod Grasp		
Dynamic Tripod Grasp		

Development of pre-writing shapes:

A child's ability to draw pre-writing shapes also follows a developmental sequence:

Shape development	Example	Current stage
<ul style="list-style-type: none"> • Mouths pencil • Crinkles paper • 'Stabs' paper with crayon • Imitated scribble • Spontaneous scribbling 		
<ul style="list-style-type: none"> • Contained scribbling 		
<ul style="list-style-type: none"> • Scribbles in vertical/ horizontal/ circular patterns 		
<ul style="list-style-type: none"> • Imitates vertical lines • Imitates horizontal lines • Imitates circles • Copies vertical lines 		
<ul style="list-style-type: none"> • Copies horizontal lines • Copies circles 		
<ul style="list-style-type: none"> • Copies crosses • Copies diagonal lines 		
<ul style="list-style-type: none"> • Copies squares • Copies x 		
<ul style="list-style-type: none"> • Copies triangles 		
<ul style="list-style-type: none"> • I'm now ready to write my name and learn my letters! 	