

Dear Parents and carers,

This week we have been working on pre- writing exercises and have been practising writing your child's name.

### Name writing

Please help your child to learn how to write their name with a capital first letter and then lower case letters.



It is important that your child uses a variety of writing tools (pens, pencils, chalk colouring pencils/felt tips) to experiment with. You can also try writing in a tray of salt with their finger or using a paintbrush with just water.

### Getting ready to write

Try to create a relaxed atmosphere and carry out some wrist shaking exercises, scribbling and practising writing patterns to help loosen up their muscles ready for writing.

### Seating and posture

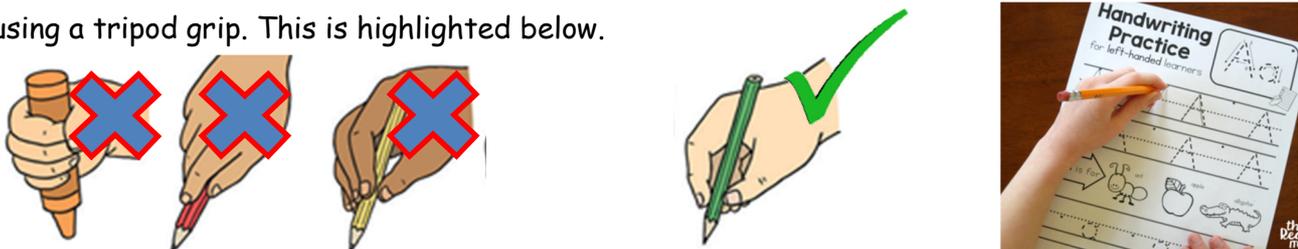
If you are sat at a table with your child the chair and table should be at a comfortable height. Please ensure that the table supports their forearm so that it rests lightly on the surface and is parallel to the floor.

Encourage your child to sit up straight and avoid slouching. The table should be free of clutter and there should be adequate lighting for your child to see what they are doing.

If your child is left handed please make sure they are sat to the left of you so that their movements are not restricted. The book or paper should be positioned to the left and tilted slightly to the right and their pencil grip should be much the same as for a right- hander.

### Pencil grip

A pen/pencil with a rounded nib or point is best for writing. Your child should hold their pen/pencil using a tripod grip. This is highlighted below.



Please complete the pre writing exercise sheets return by **Wednesday 26th September.**

Thank you for your continued support.

The Reception Team