

Supporting your child in learning to 'write' is a 3-step process. Jumping to step 3 before steps 1 & 2 are mastered, can be very counterproductive.

Step 1 - Large Physical Skills

Mastering basic movements like **standing, walking, running, and sitting upright** is essential for a child's development.

Additionally, **eye-hand coordination** is crucial for skills like **throwing, catching, and kicking**, which also support **self-care tasks** such as dressing.



Step 2 - Small Physical Skills

These include cutting with scissors, building with Lego/Duplo, assembling train tracks, dressing, using a mouse, self-feeding, brushing hair, cleaning teeth, and toileting.

Step 3 - Mark Making

Encourage big movements with:

1. **Large paintbrushes** and water outdoors
2. **Shaving foam** play in the bath
3. **Drawing in flour** on a table
4. **Large chalk** on outdoor surfaces

