

SKILLS NEEDED FOR WRITING	
Core Stability	<p>Can your child sit upright when writing?</p> <p>Do they slouch or lean to the side?</p> <p>Do they tire easily?</p>
Shoulder Stability & Arm Strength	<p>Weak shoulders result in poor pencil grasp and hands tiring.</p> <p>Does your child hunch or round their shoulders?</p>
Fine motor skills	<p>How is your child's pencil grasp?</p> <p>Do they tire from writing or say their hands are sore?</p> <p>Is their wrist resting on the table while writing?</p> <p>Is their thumb tip opposed to their fingers or do they wrap their thumb around the pencil?</p>
Body & spatial awareness	<p>How does your child sit in their chair? Upright or slumped over?</p> <p>Do they seek out activities such as jumping, heavy work, squishing between pillows?</p> <p>Do they press too hard or too lightly on their pencil?</p> <p>Are they aware of their front/ back, top/bottom, or right/left on their bodies and also, when drawing and writing?</p>
Vestibular Processing, Balance, Midline Crossing	<p>How is your child's balance while sitting in their chair, or on the floor?</p> <p>Can they sit still? Are they often on the move?</p> <p>Can they keep their balance while sitting and reaching further away for items?</p>
Bilateral Hand Coordination	<p>Does your child have a hand preference or hand dominance?</p> <p>Will they hold the paper with one hand while manipulating the pencil with their dominant hand?</p>
Motor Planning & Sequencing	<p>Can your child follow a sequence of instructions?</p> <p>Can they come up with ideas for drawing and writing?</p>
Visual Motor & Perceptual skills	<p>Does your child have to turn their head to notice what's happening around? Are they easily distracted visually?</p> <p>Do both eyes work together to follow objects?</p> <p>Can they draw shapes, letters, a house or person?</p>
Attention & Emotional Regulation	<p>How is your child's attention and focus?</p> <p>Can they follow multi-step instructions?</p> <p>Are they resistant to or not interested in writing?</p>