

## Early Mark Making

For young children, learning to control a pencil, pen or paintbrush is hard. To do it they first need to develop their hand-eye coordination and build up the muscles and control in the hands.

Children also need more than just the control of their hands – they also need to be able to coordinate their arms and shoulders. Controlling these larger movements is what comes first when children are very young.

Below are some ideas for developing the strength in your child's hands:

- Playing with stacking cups
- Posting shapes and blocks
- Pressing and turning buttons
- Getting dressed – doing up buttons and zips
- Pouring out drinks and cutting up food
- Drying up cups
- Pegging clothes on a line
- Threading beads, pasta and straws
- Playing throwing and catching games
- Using tweezers to pick up small objects
- Finger rhymes – stretching and curling fingers
- Playdough activities – pinching, squeezing, rolling the dough
- Stirring cake mixture and icing biscuits
- Giving your child all sorts of different mark making tools to explore e.g. highlighter pens, chalks, paints
- Using fingers to make marks in sand, flour mixtures and paint

**Have fun!**



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