

Mark-Making – General Advice

Information for Parents, Teachers and Carers



Which children may need support with this?

Drawing and writing can be harder for some children. Here are some examples of children who may need support:

- Children with delayed motor skills
- Children with co-ordination or motor-planning difficulties
- Children with low muscle tone or altered muscle tone
- Children with hypermobility
- Children with reduced attention and concentration



For more information, please contact Occupational Therapy on:

For York and Selby Area: 01904 726599

For Scarborough, Whitby and Ryedale Area: 01723 342357

Typical Development

1 ½ Years - Creates spontaneous scribble

2 – 2 ½ Years - Will imitate vertical and horizontal strokes first drawn by adult

3 Years - Copies a circle

4 – 4 ½ Years - Will copy a vertical and horizontal cross, right and left diagonal lines and a square

5 Years - Will copy a triangle and starts forming letters, particularly letters in their name T, H V X

6 + Years - A child draws freely and comfortably, copies a star and can really start developing their letter formation.

Helpful Hints

- Ensure your child is sat well to practice drawing and writing; with feet on the floor and a table that is not too high or too low
- With early mark-making, encourage larger strokes and movements to develop the shoulder stability and control; draw on an easel, a chalkboard, or on the pavement with chalks
- Use a multi-sensory approach to mark-making; don't feel you need to stick to crayons and paper E.g.
 - Making shapes in sand, rice, sugar, custard, yoghurt
 - Pressing magnetic letters into sand, playdough etc
 - Sticking pipe-cleaners/playdough onto cut out shapes and letters
 - Cutting and sticking shapes out of different textured paper
 - Try drawing over bumpy/textured surfaces e.g. corrugated card / reverse side of Lego™ board to increase interest and the amount of feedback felt through the arm
- If a strong hand preference has not emerged practice activities that demand one stabilising hand and one doing hand e.g. lacing boards, drawing around stencils, paper rubbings and cutting with scissors. Always present tools in front of the child and not on one side so they are making an active reaching choice.

Please note that a 'Holding a Pencil' advice sheet is also available for further information

Tell us what you think

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

For York and Selby Area: 01904 724366

For Scarborough, Whitby and Ryedale Area: 01723 342472

Teaching, Training and Research

Our Trust is committed to teaching, training and research to support the development of staff and improve health and healthcare in our community. Staff or students in training may attend consultations for this purpose. You can opt-out if you do not want trainees to attend. Staff may also ask you to be involved in our research.

Patient Advice and Liaison Service (PALS)

Patients, relatives and carers sometimes need to turn to someone for help, advice or support. Our PALS team is here for you. PALS can be contacted on 01904 726262, or via email at pals@york.nhs.uk. An answer phone is available out of hours.

About us

Providing care together in York, Scarborough, Bridlington, Whitby, Malton, Selby and Easingwold.

Caring with Pride

Our ultimate objective is to be trusted to deliver safe, effective and sustainable healthcare within our communities.

Our Values

- Caring about we do
- Respecting and valuing each other
- Listening in order to improve
- Always doing what we can to be helpful

Please telephone or email if you require this information in a different language or format

如果你要求本資訊是以不同的語言或版式提供，請致電或寫電郵

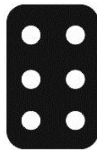
Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz



01904 725566

email: access@york.nhs.uk



Braille



Audio e.g.
CD



Large print



Electronic

Owner	Occupational Therapy
Date first issued	August 2019
Review Date	April 2021
Version	4
Approved by	AB
Document Reference	HM

© 2021 York and Scarborough Teaching Hospital NHS Foundation Trust. All Rights reserved.

www.yorkhospitals.nhs.uk