



# Writing Notebooks

- ❖ Young Fives will see a writing notebook all too soon as they progress through the elementary grades. To get one at a young age is a big deal.
- ❖ Since they go on sale in September as a loss leader for almost every office supply store as well as the big chain stores I can pick them up for as little as .10¢ each.
- ❖ For the small investment of \$2.00 I can put a smile on my students' faces when I hand them a red, yellow, purple, green, orange or blue one.
- ❖ I try to buy some extras so I can give them a color choice.
- ❖ I make a "My Writing Notebook" sticker and put that on the front cover along with their name label.
- ❖ Each time they bring it in for me to check I let them pick out several stickers for them to stick on the cover. I encourage parents to do the same at home.
- ❖ I really need parental help to get these little ones over the hump of name writing.
- ❖ They need a lot more practice and muscle building than I can give them in class.
- ❖ Their hands "poop out" or "run out of gas" as one of my students so adorably put it!
- ❖ The notebook is a great At-Home connection and is easy, quick and fun.
- ❖ Here are the notes home I tuck in to the inside when I send the notebooks home on the first day.
- ❖ I also include a calendar with the 1<sup>st</sup> due date marked on it.
- ❖ Enjoy! Maybe these will help give you some ideas too!
- ❖ Older students could keep journals.

# How Will I Write?

This chart Will Help Me  
If I Want To Print My Name,  
I Will Not Write My Name In All Capitals.

A B C D E F G H I

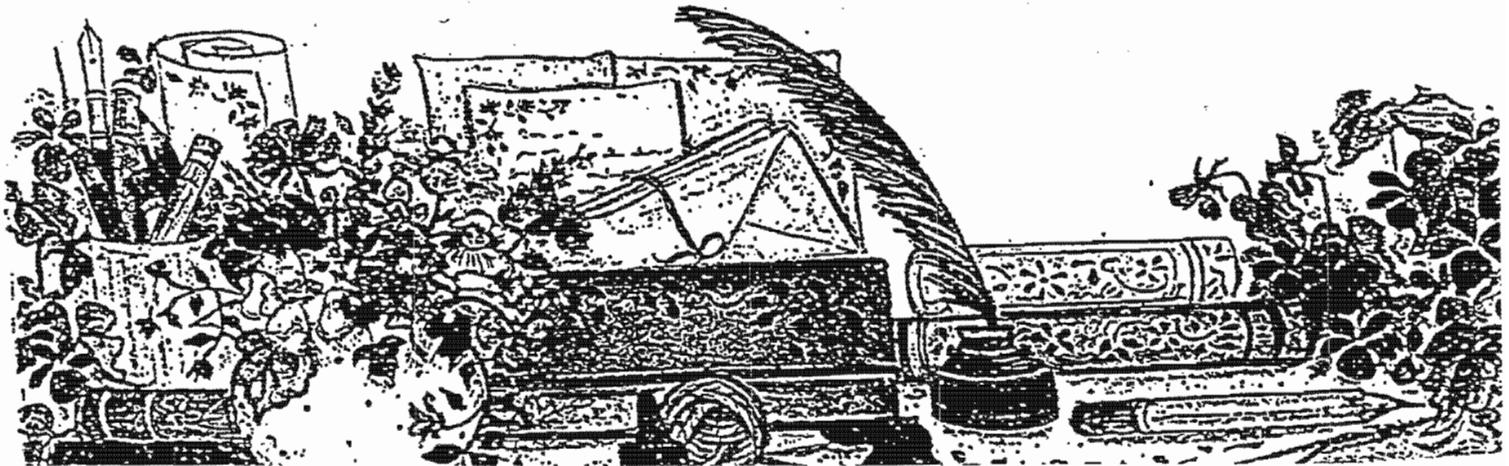
J K L M N O P Q R

S T U V W X Y Z

a b c d e f g h i j k l m

n o p q r s t u v w x y z

*"A child's life is like a piece of paper  
on which every passerby leaves a mark."*



September 2009

Dear Families of our Young Fives,

I need your help. Your child will be learning how to write their name through out the day. They will also need to practice writing at home. Even when your child is writing their name correctly, they still need to continue practicing, as it will strengthen their finger muscles and give them more dexterity.

To make this more fun, I have purchased a notebook & name card for them. Please keep these in a special place at HOME and then have them write their name in their notebook just **ONCE everyday**.

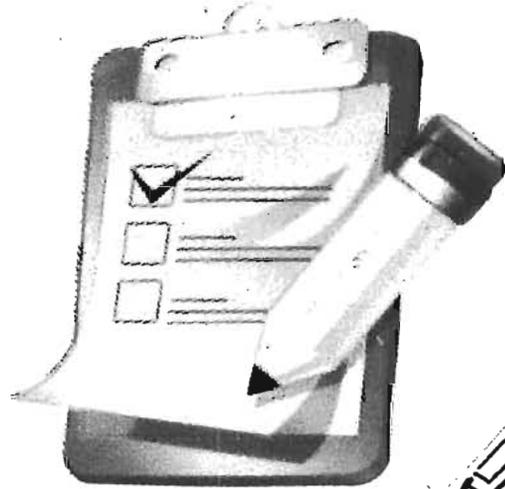
Please make sure that they...

- ✓ are holding the pencil correctly.
  - ✓ are only capitalizing their 1<sup>st</sup> initial and not writing their name with all capital letters.
  - ✓ starting at the left of the page and moving to the right.
  - ✓ starting at the top and moving their pencil downward. (Some children like to write “bottom up.” This puts too much strain on their hand and will be a difficult habit to break if it is not corrected early on.)
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- ❖ They do NOT have to stay on the lines, and can write their name as big as they want to.
  - ❖ Please remember to encourage and praise their efforts.
  - ❖ You may want to let them practice with a variety of writing utensils to add to the fun. Children think that Gel pens, glitter pens, colored pencils, markers etc. are really “cool”.
  - ❖ For the rest of September, please have your child write their name just **ONCE** each day.
  - ❖ I want this to be a looked-forward to, and fun quality time with your child, not a labor-intensive exercise in drudgery.
  - ❖ Consistency is very important.
  - ❖ I suggest making this activity part of your child’s routine; perhaps right before bedtime; they write their name and then you can both read a story together.
  - ❖ Please keep your child’s notebook handy at home not in their backpacks.
  - ❖ I need to check your child’s progress at the end of the month so please send their *notebook on Wednesday, September 30th*
  
  - ❖ *Children who bring in their completed notebook will receive a writing certificate, and a trip to the Treasure Chest. To increase self-esteem, they will also get to show their notebook to their classmates and receive a well-deserved round of applause. ☺*
  - ❖ After assessing your child’s progress, I’ll let you know if they need to continue writing in their notebook every night for the month of **October**.
  - ❖ Since they will be required to write their LAST name in Kindergarten, perhaps you can have your child practice their “last –name” once they have accomplished their first name!

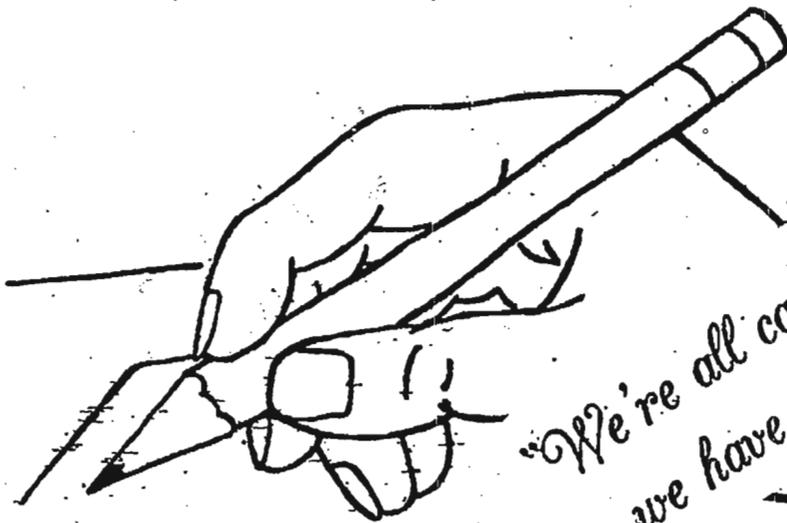
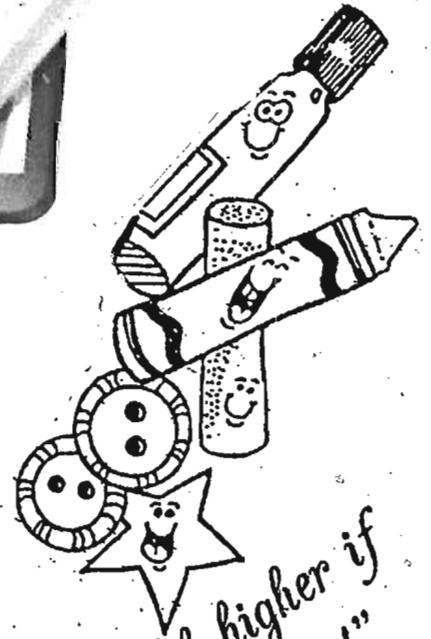
*How can I help my child learn to write?*  
**STRENGTHEN their hand and finger muscles!**

**Here are some fun things to do with your child to increase their fine-motor skills and strengthen their finger muscles.**

- ❖ Play with spinning tops
- ❖ Pull apart yarn
- ❖ Holding a bowl and stirring
- ❖ Play with Play-Doh
- ❖ Bounce and catch a small rubber ball.
- ❖ Squish a soft ball
- ❖ Play with jacks
- ❖ Your own personal shredder. Let them rip up the mail.
- ❖ Move magnets.
- ❖ Pinch a clothespin 10 times.
- ❖ Play Connect-Four and other games that use their “pinchers” to pick up things.
- ❖ Play with pick-up sticks
- ❖ Squeeze water out of an eye dropper drop-by-drop
- ❖ Pick up things with a tweezers.
- ❖ Have them mist your plants with a spray bottle.
- ❖ Have them write letters on the pavement with a squirt gun.
- ❖ Peel and stick stickers.
- ❖ Pinch a “clacker”. (Little metal or plastic noise makers.)
- ❖ Screw & Unscrew caps.
- ❖ Holding beads and stringing them.
- ❖ Holding a funnel and spooning sand into it.
- ❖ Folding laundry
- ❖ Picking petals from a flower...make a wish!
- ❖ Pick up marbles, buttons etc. and put them in a cup. Count as you go!
- ❖ Wiggle-wiggle those fingers!
- ❖ I will be doing daily songs and finger-plays with your child, as well as teaching them some sign language. To “practice” in a fun way and reinforce what they learned, please ask them to teach you! This shows them you are interested in their day, as well as builds their self-esteem! ☺ These are different (fun-kid tested) ways to help promote better pencil grasp and “in-hand fluency” (how an occupational therapist describes the ease and speed of a child’s handwriting.) Enjoy these wonderful moments with your child!



# Correct position for holding pencil



*"We're all capable of climbing so much higher if we have someone behind us cheering us on!"*