



## Handwriting Without Tears

At Alexander & Associates we utilize the Handwriting Without Tears program for learning handwriting. This program utilizes a multi-sensory approach to learning how to properly write letters and properly place them on lined paper, then building into writing words, sentences, and paragraphs. When working on handwriting at home there are 2 important details:

- Write the letter the same each time. If your child is attempting different ways to write a letter each time they write, it will take longer for them to form muscle memory. Practice does not always make perfect, practice makes it permanent-meaning whichever way they practice writing a letter is what is going to stay in their brain. So be sure when you are practicing handwriting with your child that they are writing the letter with proper formation each time to assist them in learning quickly and efficiently.
- Use multi-sensory learning. Handwriting Without Tears utilizes multiple tools to help children learn how to write their letter quickly.
  - They do activities like building letters with blocks so the child forms the letters in different ways than just by handwriting.
  - They utilize a chalkboard activity where you write the letter with a small wet sponge, dry the letter by tracing it with a paper towel, and then writing the letter with chalk-giving the child 3 different textured activities when writing the letter.
  - They say phrases out loud as their child writes a letter to help with auditory learning. The important key here is making a unique phrase per letter, and use the same phrase with that letter each time. Such as for the letter B-"big line, 2 little curves", or b-"line down, given it a belly".

## Capitals, Numbers, and Lowercase Letters

