



## 01. Help writing feel safe and low pressure.

Use everyday moments to encourage stress-free writing. For example, making cards, writing birthday lists, writing on a whiteboard, playing with colourful pens.

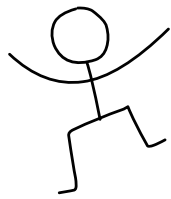
The goal is to build confidence, not pressure.



## 02.

### Supports include:

- Extra help to get started on writing tasks
- Make notes available
- Use mind maps, diagrams and sticky notes to plan
- Reduce the amount of writing required
- Small groups or 1:1 support



## 03.

### Use workarounds.

Technology can be a great support. For example, typing instead of writing, taking photos of the board or using voice-to-text.



## It might be dysgraphia. What next?

Be understanding and patient. Talk to your child's teacher. Work with a tutor, and seek assessment if needed.

## 04.

