Educational resources

What is graphomotricity for children?

20 June, 2022 Isabel Osorio 0 Comments

All of us who know how to write by hand go through a process, this process is framed within what is called **graphomotricity** and surely we did not even know what it was called, nor its importance and implications.

In this article we intend to give you important information about **children's graphomotricity** so that you can apply it to your children's education at home and have more tools to help them develop the necessary motor skills to learn to write.

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4.2 Fine motor skills

What is graphomotricity?

The **concept of graphomotricity** is the discipline that studies the graphomotor skills associated with the pre-writing process, such as drawing and drawing with pencils, crayons, and even with fingers to acquire basic pencil control skills.

The **initial grafomotricidad** intends to develop manual coordination, visual perception, direction of writing, pressure of the pencil and its adequate grip, and even writing posture.

Within the fine motor skills we can find the grafomotricidad, (by which we are not going to refer here as **fine graphomotricity**) and consider the training process to achieve basic movements that are essential for handwriting as a major domain of the forearm, the muñeca, la mano and all over the fingers, and the methods to learn to write.

A simple suene, la **grafomotricidad children** or learning to write by hand, requires a good balance of different skills and when you combine the most of these skills in the well developed, the whole process can speak.

Necessary skills to develop graphomotricidad

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Normally, in the traditional schools, the exercises of **grafomotricidad in preschool or grafomotricidad for primary**, they begin in the first years of study, in the education at home they can start when you consider that your children are prepared for this, and you will be able to go to work of fine motor skills that will finally strengthen their skills and abilities for writing.

There are five different areas of skills that must work together so that you can write by hand:

Visual perception: the ability to see a letter or word and assign meaning.

Orthographic coding: the ability to store letters or groups of letters in memory and retrieve them when necessary.

Planning and motor execution, also called "praxis", is the ability to carry out the motor movement necessary for writing.

Kinesthetic feedback: the ability to know where is a part of the body in the space (in the case of handwriting, hand, and fingers) to carry out the necessary motor movement.

Visual-motor coordination: the ability to correlate motor movement with visual perception (the physical ability to create letters and words on paper).

Problems associated with deficit in graphomotricity

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When some of the skills involved in the graphomotricity process are not well developed, some of the following problems may arise:

- In remembering how to delete words
- Not recognize words or letters on a page
- Careless or illegible writing
- Slow writing and difficult to create
- Uncomfortable to hold the pencil
- Inconsistent spatial relationship between letters or words
- Calambres or pain in the hand to escribir
- Inability to perform multiple writing tasks (you cannot listen and write at the same time)
- Preference for the oral part over the written
- Avoid written tasks
- Lack of motivation when it comes to writing and inability to organize thoughts sequentially with writing.
- All these factors can significantly delay the writing process and make reading more difficult, since **graphomotricity and lectowriting** are closely linked.

Exercises to work on graphomotor skills

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In books and on the internet you can get a large number of **graphomotricity guides to print, graphomotricidad sheets, graphomotricidad sketches, graphomotricidad with squares, grafomotricidad a color, graphomotricidad para zurdos, grafomotricidad para zurdos, graphomotricidad geometrical figures** and everything you can imagine to work with your kids in your house and help them to develop or strengthen all the skills described above.

Next, we will mention some ideas for working with graphomotricity:

Draw

Allow the child to write the sketch on a vertical surface like sticky paper on the wall or table and play with alphabetic magnets in the refrigerator.

Start with easy exercises and gradually go to more complex activities, this is with the aim of not demotivating the child to perform activities.

Show the child the adequate pressure of the pencil to paint or write, which does not appear stressed when there is too much pressure in the exercise.

Animate your child to draw, ask what to draw, there are another series of questions related to the drawing so that you can give yourself account of the missing things.

Ask your child to draw a flower, a house, a snake, a tree and other similar simple drawings.

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Give some things you can use to create the contour, such as your own hand, a circle, a rectangle, etc.

Draw a rainbow and let the child paint each line in a different color

Use exercises where the child needs to draw a line to get from left to right and vice versa or from top to bottom and vice versa.

Allow el niño to resuelva simple labyrinths.

Encourage your child to develop activities where several lines are superposed, and the child must follow only one. Each line can be marked in a different color.

Use activities so that the child can connect dots online to obtain a letter or symbol (dashes).

Fine motor skills

Let the child have several plasticine objects and look for treasures in an arena box

Carry out activities to breed small objects in a hilo or wire, such as making colored jewels or putting cords on a shoe.

Animate the kid breaking the paper in small pieces, do activities with toys, play with puzzles and construction toys, like Lego.

Finally, a large number of activities and exercises that you can do with your kids very easily at home, with simple, economical, easy-to-obtain materials.

Let's explore, sometimes we don't like to teach the house, clothes and other things, but here, they are learning about life and developing motor skills on the ground as well as their creativity.

All the information that you have just read can be downloaded in pdf format as

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