

Dear Parents/Guardians,

This packet will help you guide your child through a multisensory learning approach to help make handwriting more fun. A multisensory approach incorporates several senses to increase the number of neural connections in the brain and make the learning more automatic.

Handwriting is an essential occupation for school-aged children because they spend approximately half of their day engaged in writing activities. Handwriting is one component of this complex written language process. In order to have good penmanship children must have proper body mechanics as well as the underlying skills necessary for handwriting which include: visual motor control, fine motor skills, visual perceptual skills, and bilateral coordination. Stability and strength in the trunk, shoulders and arms are needed before a child can have good fine motor control.

It is important as a parent/guardian to incorporate handwriting into your child's daily routine a minimum of four times a week for 5-15 minutes. An adult should be present when practicing handwriting to ensure that all letters are being formed correctly. Once children have established bad habits such as forming letters using an incorrect approach, it is very difficult to change them. We hope you and your child have fun with these activities and that you will begin to see an improvement in their fine motor and handwriting skills.

Crystal Combs, OTS

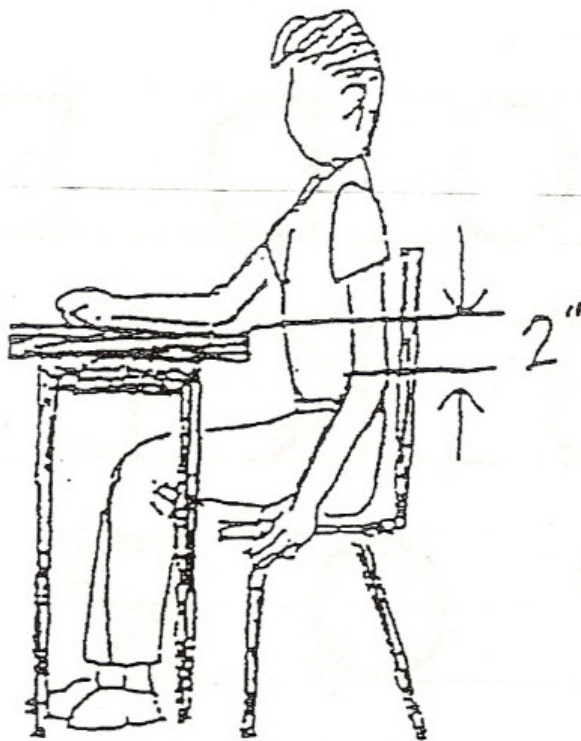
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# Handwriting Basics

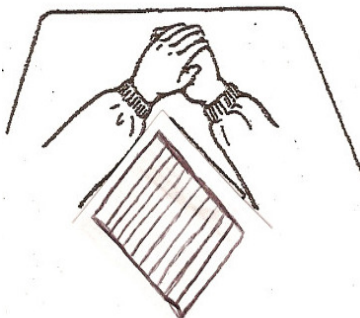
## Proper Positioning

1. For maximum control of the hands, children should be seated at a desk with their feet flat on the floor. The child should sit all the way back in the chair with knees and hips bent at 90°. Desk height should be two inches above the child's bent elbow when the child is leaning slightly forward. *Note: The only acceptable alternative positions are lying on the floor on their stomachs propped up on their elbows or writing on a vertical surface.*

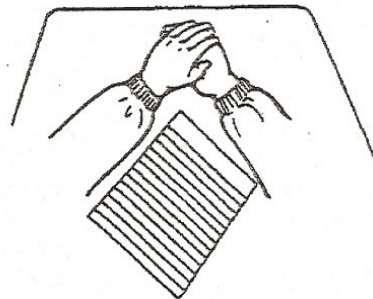


## Paper Positioning

2. The slant of the paper should run parallel to the line of the writing arm when the hands are relaxed together at midline on the desk top forming a triangle between the arms. If it is difficult for the child to remember the correct paper position place tape lines on the desk.



Right Handedness

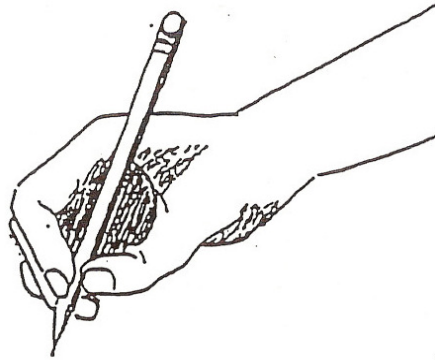


Left Handedness

### Correct Writing Grips

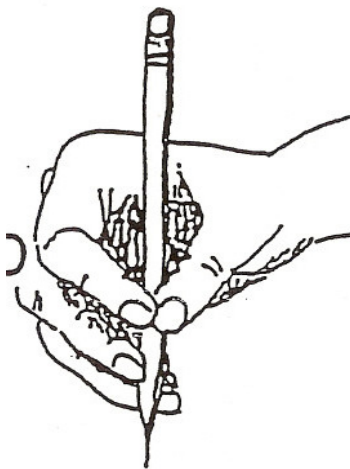
3. The Proper Pencil Grasp: The pencil should rest on the first joint of the middle finger with the thumb and index fingers holding/pinching the pencil in place about 1 inch from the point. The thumb and index finger do not overlap each other. The ring and little fingers should be curled up in the palm.

**Incorrect grasps are nearly impossible to change, so attention to this now is really important.**

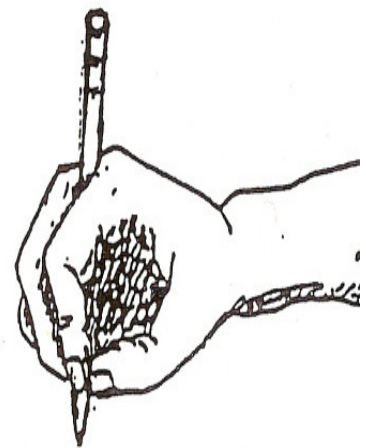


**TRIPOD**

### **Other Efficient Grips:**



**QUADRUPOD**



**ADAPTED TRIPOD**