

## Children's Occupational Therapy Service

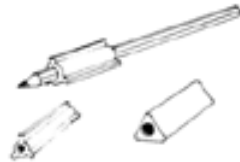
# Handwriting



- When the child is at their desk ensure that their feet are flat on the floor, thighs and forearms are horizontal and the desk is just below elbow height.



- Using a desk slope can further improve wrist position for writing.
- If children appear to be slumping in their chair a foam wedge cushion may improve this. Encourage children to sit straighter as although it is hard work, slumping will cause pain.
- Children may need to move around a lot and rather than sitting still, may fidget. This will reduce the risk of stiffening up and should be allowed.
- Writing may be hard work for children with hypermobile joints. Using chunky pens may help with grip and regular rest breaks are useful to reduce pain. Completing hand warm ups before handwriting may also help:



- ❖ pull - at fingers gently
- ❖ praying position – push hands together, holding hands close to chest
- ❖ monkey grip - pull hands apart
- ❖ finger taps - tap fingers on a table top. Can imitate sequences.
- ❖ finger separation - spread fingers as far apart as possible
- ❖ finger flicks - on a table top, as if flicking something with each individual finger;
- ❖ shake hands to relax
- ❖ pencil walks - holding the pencil with a tripod grip then walking fingers up the pencil shaft and back down again using writing hand only
- ❖ pencil flick, holding the pencil with a tripod grip then flick the pencil forwards and upside down, then flick it back into tripod grip ready for writing
- ❖ pencil pecks- hold the pencil with a tripod grasp, using small hand movements “peck” the pencil forwards and backwards
- ❖ Blu Tack games (with writing hand to encourage pincer grasp); pulling blu tack into pieces using index finger and thumb only; making a “spiky snake” by rolling the blue tack into a snake shape then pinching spikes using thumb and index finger only; rolling into a ball then squashing the ball as flat as possible using thumb and index finger only.
- ❖ have a plan to allow children to rest if they get over tired at school or in pain (having ice or a hotwater bottle available may be useful).

## Further resources and information can be found at:

Desk slopes, cushions, pencil grips

[www.specialdirect.com](http://www.specialdirect.com)  
[www.taskmasteronline.co.uk](http://www.taskmasteronline.co.uk)

Adaptive cutlery or fastenings

[www.homecraft-rolyan.com](http://www.homecraft-rolyan.com)  
[www.nrs-uk.co](http://www.nrs-uk.co)

## If you have any comments about this leaflet or the service you have received you can contact :

NHS at Broad Street Plaza,  
Telephone No: 01422 261340

Princess Royal Health Centre  
Telephone No: 01484 344299

[www.cht.nhs.uk](http://www.cht.nhs.uk)

## If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce,  
obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych  
informacji w innym formacie lub wersji językowej,  
prosimy skontaktować się z nami, korzystając z ww.  
danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"