Children's Occupational Therapy Service

Handwriting





Sitting at a Desk

When your child is sitting at their desk:

- Feet should be flat on the floor.
- Legs and arms should be level.
- The desk should be just below elbow height.
- A desk slope can help keep the wrist in a good writing position.
- If your child slumps in their chair, a wedge cushion can help them sit up.
- Encourage your child to sit up straight. Slouching can cause aches and pain.
- Some children need to move or fidget while sitting. This is okay and helps stop their body getting stiff.

Writing Tips

- Writing can be hard work, especially for children with very bendy joints.
- Chunky pens can make pencils easier to hold.
- Taking regular breaks can help stop hands from hurting.

Hand Warm-Up Activities

Try these before writing:

- **Finger pulls** – gently pull each finger.
- **Praying hands** – push hands together near the chest.
- **Monkey grip** – pull hands apart.
- **Finger taps** – tap fingers on the table. Try copying patterns.
- **Finger stretch** – spread fingers as wide as you can.
- **Finger flicks** – flick fingers on the table, one at a time.
- **Shake hands** – shake hands gently to relax.

Pencil Games

- **Pencil walks**
  Hold the pencil correctly. Walk your fingers up and down the pencil.
- **Pencil flicks**
  Flick the pencil forwards and turn it over. Flick it back ready to write.
- **Pencil pecks**
  Hold the pencil and move it forwards and backwards using small movements.

compassionate care

Blu Tack Games

(Use the writing hand)

- Pull Blu Tack into pieces using only thumb and first finger.
- Roll it into a snake, then pinch spikes using thumb and first finger.
- Roll it into a ball, then squash it flat using thumb and first finger.

Rest Time

- Have a plan so your child can rest if they feel very tired or sore.
- An ice pack or a hot water bottle may help.

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

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

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ 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.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"