

Introduction to Handwriting

This presentation will help staff:

- **Recognise skills needed for handwriting**
- **Identify common difficulties**

Skills for Handwriting

- Handwriting is a complex task requiring strength, coordination, skill and ability.
- Young people need a range of complex skills for successful handwriting.



Skills for Handwriting

- Adequate postural control (core stability) to have control of the upper limbs



- The ability to control the small muscles of the hand to move the pencil in the correct directions



Skills for Handwriting

- Body awareness
(See body awareness section)



- Control of force of movement



Skills for Handwriting

- Hand/eye coordination



- Hand dominance



Skills for Handwriting

- Perceptual skills

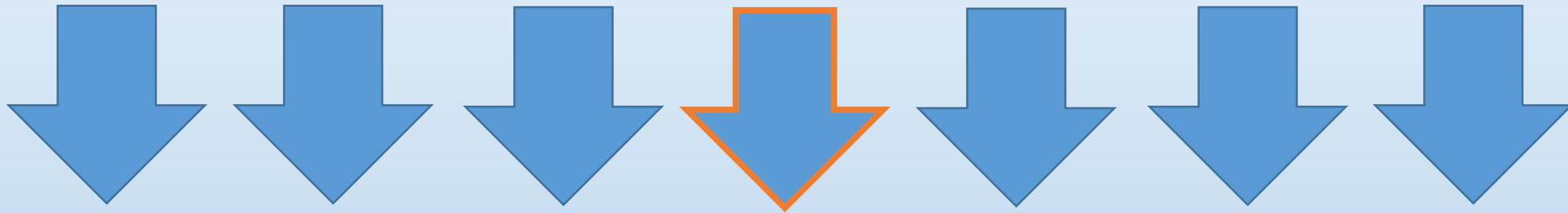


- Motor planning ability



Skills for Handwriting

- Visual discrimination



- Recognition of shapes to form letters



Skills for Handwriting

- Attention



- Language processing at a cognitive level



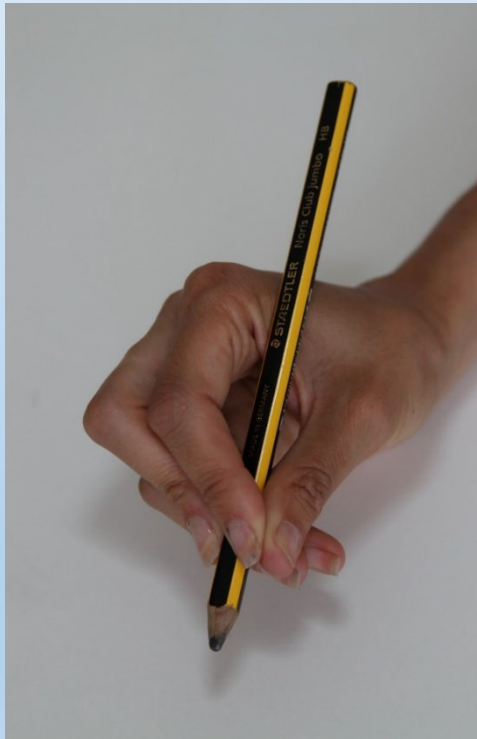
Common Difficulties

- Children can have many difficulties which can impact upon their writing.
- Some of these are linked to fine/gross motor skills; others are not.
- All cause barriers to successful and effortless handwriting.



Common Difficulties

- Pushing too hard or not enough with a pencil



- Ineffective pencil grasp



Common Difficulties

- Swapping hands

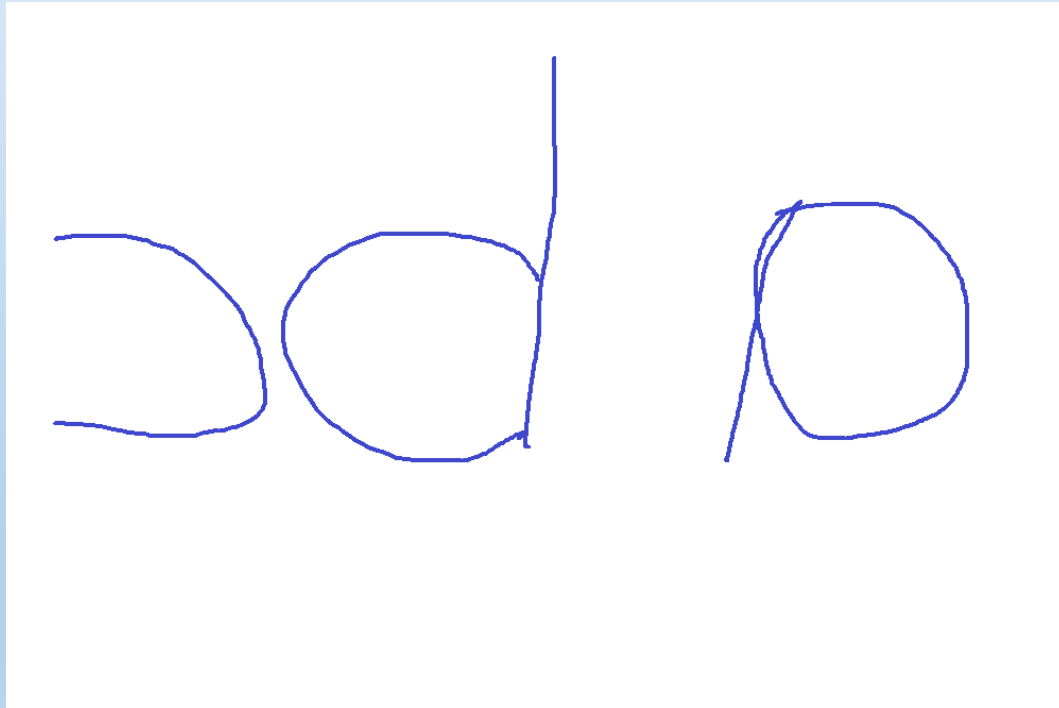


- Hand pain



Common Difficulties

- Reversals and repetition



- Producing unrecognisable shapes on paper



Common Difficulties

- Leaning on tables



- Fidgeting



Common Difficulties

- Slow to produce work



Common Difficulties

- Opting out



- Distractibility

