



► QUARTERLY NEWLETTER WITH A  
OCCUPATIONAL THERAPY FOCUS

► CLASSROOM HANDWRITING  
TIPS

► COTACT:  
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# OT *focus* Handwriting

ADDRESSING THE NEEDS OF STUDENTS BY  
PROVIDING FUNCTIONAL CLASSROOM INFORMATION

## Handwriting Concerns

### Symptoms WATCH

#### Pay attention to....

- Formation
  - Size
  - Neatness
  - Speed
  - Posture
  - Pencil Grip
  - Helper Hand
  - Other (cognitive, physical, language, attention)
  - Deep pressure down onto paper
- Sentence Skills:
    - no starting capital
    - Mixed capitals/lowercase
    - Letters too far apart
    - Words run together
    - No period

#### Visual Motor Integration

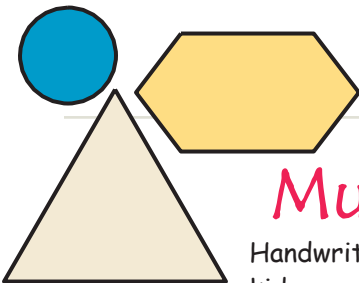
##### Signs and Symptoms:

- Sloppy writing or drawing skills
- Can't stay on or in the lines
- Erases excessively
- Poor organization
- Does not recognize mistakes
- Close working distance
- Poor posture when writing
- Excessive or inadequate pencil grip
- Trouble aligning numbers in columns for math problems
- Can't get answers on paper
- Tests poorly even if they know the subject



## Multi-Sensory Approach

Handwriting needs to be a multi-sensory approach. Think about this for a moment. What senses are kids using during handwriting? They need to use the visual system, the vestibular system for balance, the proprioceptive system for movement (muscles/joints), they need to use the tactile (touch) system to touch items. So what if one of those systems are not integrated well. The outcome will be less than favorable handwriting quality. OT can assist in integrating these systems.

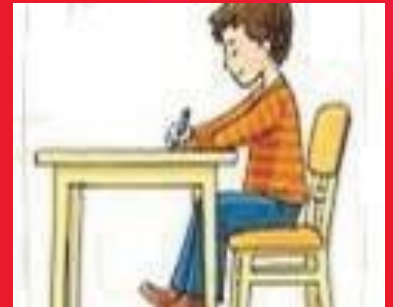




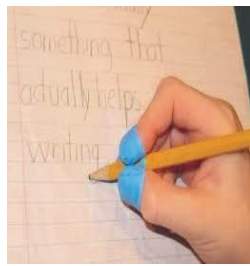
# Appropriate Grasp Patterns



## TO DO LIST & SET UP



## Pencil Grippers



### Posture Police

- Forearm on writing surface
- Appropriate grasp
  - Think vision
- Use of helper hand
- Paper positioned correctly
  - Is the lighting good
- Seated/standing/laying prone on the floor.



## Adaptations



This item helps utilize the web space and keep the ring and small finger positioned correctly



A different functional grasp and pencil.

**Weighted Pencils-** These pencils help the proprioceptive system (muscle/joints) understand where the digits are.

