



# Children's Treatment Network

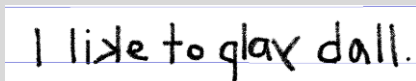
*Building Brighter Futures Together*

## Developing Handwriting Skills

Before beginning any writing task please take a look at the child's positioning. The child should be sitting in a supportive chair, feet flat on the floor and forearms on the table. The helper hand (non-dominant hand) should be used to hold/stabilize the paper.

### IF YOU SEE:

Letter reversals



### TRY THIS:

Teach letters in groups based on how they are formed  
E.g. the "magic 'c'" letters from Handwriting Without Tears (c, a, d, g, o, q)

Use letter formation guides with direction of strokes  
Printing: Lower-case Letter-Formation

a	b	c	d	e
f	g	h	i	j
k	l	m	n	o
p	q	r	s	t
u	v	w	x	y
z				

Use a different colour for each stroke of a letter

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### IF YOU SEE:

Poor letter formation



### TRY THIS:

- Teach letters in groups based on how they are formed. Use the same movement patterns. Begin with large arm movements (tracing in the air).
- Try tracing in sand, forming letters with play dough, tracing with a magic wand/finger, writing with chalk (multi-sensory approach) to practice correct movement patterns.
- Use guides with large letters and trace with finger.
- Practice writing letters with the eyes closed to promote attention to movement patterns (how it feels) instead of how the letter looks.
- Use adapted paper (raised lines, colour-coded lines).

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## Developing Handwriting Skills

### IF YOU SEE:

Slow, challenging or messy writing

### TRY THIS:

- Allow more time to finish work or lessen amount of written work.
- Provide short breaks or use a timer for short written tasks.
- Consider keyboarding or voice to text for longer written activities.

### IF YOU SEE:

Poor spacing or sizing

### TRY THIS:

- Use the placement of a finger/spacer/popsicle stick between words.
- Use graph paper (one block per letter, one block left blank per space).
- Provide a defined space (with lines) for writing.

### Online resources:

[Handwriting Without Tears](#)  
[Size Matters Handwriting](#)  
[The Anonymous OT](#)  
[An OT Mom](#)  
[Growing Hands-On Kids](#)  
[Graph Paper](#)

### Free apps:

Writing Wizard - Handwriting  
LetraKid: Writing ABC for Kids  
iTrace  
ABCs Kids Alphabet Handwriting  
Ollie's Handwriting & Phonics  
Letter Quiz Lite  
Letter School  
Learn to Write ABC – Handwriting  
My First Alphabet  
iWriteWords Lite  
ABC Tracing Letters



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