

Patient information

Hand writing advice

Tips

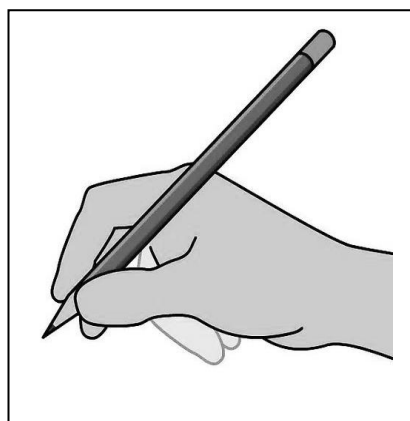
- If your child writes with their wrist away from the page, pencil control will be affected. Provide an angled writing board (with a slope of approximately 35°) which will encourage the wrist to rest on the writing surface. Alternatively try a weighted wrist band.
- Ensure the child establishes a good posture whilst writing, with feet firmly on the floor and knees bent to 90° with the desk at elbow height.
- Consider pens and pencils which have moulded or textured grips for finger placement. Also consider the size and weight of the pen / pencil, if it's very light and thin the child will have to work harder to grip it.
- Consider the paper being used and the surface underneath the paper. Glossy paper can make the pen slide easier across the page. A softer leaded pencil may also help such as the Stablio Easy Ergo pencil.
- If the child grips the pen / pencil too hard or the fingers slip down the barrel of the pen / pencil, wrap a rubber band around the barrel where the fingers are to be placed.
- If the pencil is too upright, try weighting the pencil with pencil top erasers, or trial a "handi-writer" or larger barrelled heavier pen.
- For children who are unsure where to place their fingers, mark some dots to act as a prompt.
- When writing, encourage frequent rest breaks to allow stretching of the hands and fingers to prevent muscle cramp. A good stretch is to place the palm flat on the seat of the chair with the elbow straight and the fingers facing forwards and put weight through the hand.

Should awkward grips be changed?

Some children have a seemingly awkward pen grip. If it allows them to write legibly, with good control, they are comfortable and the amount of writing they produce is to the expected level then they may not benefit from any changes to the grip.

Resources

Hand writing worksheets		www.sparklebox.co.uk
Hypermobility Association	Kids and Teens section	http://hypermobility.org
Literature		"Getting Ready to write" Alistair Bryce Clegg
Hand writing Aids	Grips Handiwriter Pens Pencils Weighted wrist bands	www.tinknstink.co.uk www.amazon.co.uk www.lyrapencils.co.uk www.specialdirect.com



Tripod pencil grip

Name of therapist

Date of issue

Contact telephone number

Review date

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



© West Suffolk NHS Foundation Trust