

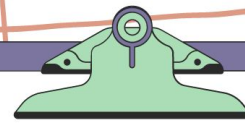
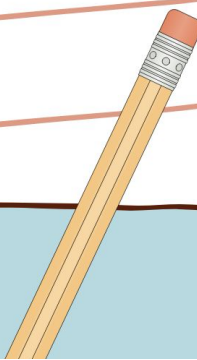


Stony Brook University Occupational Therapy Program

Handwriting



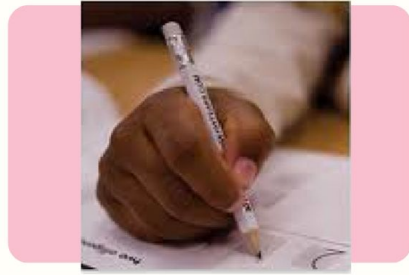
**This packet will
provide your family
with handwriting
related information
that you may find
helpful incorporating
into your child's
everyday routine.**



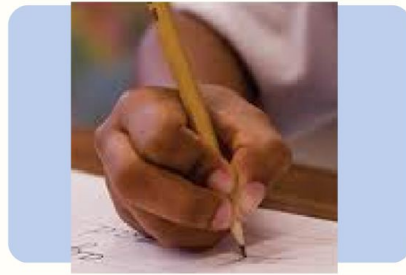
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GRASPING PATTERNS

Efficient Functional Grasping Patterns



Dynamic Tripod



Dynamic Quadrupod

Less Efficient But Functional Grasping Patterns



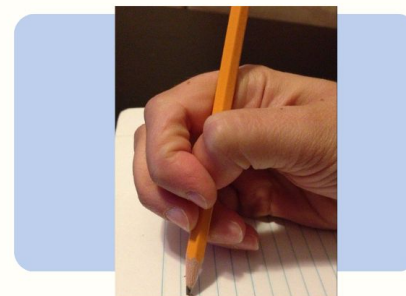
Lateral Tripod



Lateral Quadrupod



thumb wrap



thumb tuck

Hand Strengthening

The **lumbrical muscles** of the hands are important in handwriting. They are used to hold the pencil in a functional grasp. Advancing the pencil in an upward motion using the joints of the fingers require strength and endurance of the lumbrical muscles.

Hand strength can be developed in multiple ways

Play-Doh



Tweezers



Theraputty



Snapping Buttons



Tear Pieces of Paper



Squeezing a Spray Bottle





Prewriting & Handwriting Pointers

Preschool

- Strengthening and vertical surfaces!!!!
- Finger isolation
- Work on thumb, pointer, and middle finger (tripod) as much as possible.
- Short/broken crayons/chalk to color and draw
- Large diameter crayons
- Golf pencils
- Trace on highlighted lines NOT dots
- Avoid using grips unless necessary
- Mastery of shapes before moving on to letters.



School Aged Children

- Teach lower case letters first; then upper case
- Use a multimodal approach and fun repetition!
- Introduce to 1 inch boxes and 3 lined paper, when they are READY!
- Golf pencil with eraser to eventually regular sized implement
- Remediate what can be remediated and provide compensatory strategies in conjunction
- Posture counts! Remember proximal stability for distal mobility.



Interventions to Address With...

Behavioral Problems

- Reinforcement
 - Verbal praise (make it descriptive)
 - Token Economy
 - Work for preferred food, activity, toy
- Errorless Learning
 - Structure task
 - Therapist's hand on the child's hand or paper to impede inaccurate pencil movement
 - not allowing errors to occur-ensuring that the child does not practice the wrong motor plan



Decreased Attention



- Environmental modifications to decrease distractions
- Decrease visuals on a page
- Reorganizing worksheets
- Cover page except for the line/word
- Headphones
- Good lighting
- Finger to point to word/sentence
- Marker to underline
- Highlight word/line as you proceed forward

A Visual Learner

- Writing strip on the desk
- Word walls
- Visual cues for starting points
- Index card with common reversals
- Reversal techniques for b and d
 - Palms facing chest and thumbs up, the student makes two fists. the left forms a "b" and the right forms a "d"
 - Lower case b is like B, only without top loop
 - Lowercase c becomes a d

