

Writing and Drawing

General Hints and Tips

- Whenever possible, when writing or drawing at a table, make sure the child is well supported and seated at the right height. If possible:
 - Bottom back on the chair
 - Feet flat on the floor
 - Arms rest comfortably on the table
 - Table and chair is a comfortable size for your child

It is important to be seated or sitting in a good posture so that they can use their hands freely. Chairs with adjustable height seats, footrests and writing slopes are widely available to encourage your child to be in a good posture

- Ensure that an appropriate paper position in relation to the body is used (i.e. slant paper to 45° angle to the left if left-handed and right if right-handed. Paper is slightly across midline of the body)
- Encourage the child to use their non-dominant hand to steady the paper
- Involve your child in drawing activities as early as possible
- Focus on remediating one component of writing at a time so as not to overwhelm the child e.g. once the child has consolidated letters, then move onto spacing