

# Correct Sitting and Paper Position for Writing

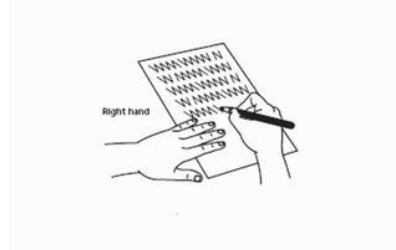
## Sitting Posture

- While seated at a desk the child should have both feet firmly planted on the floor.
- Table surface should be 2 inches above child's bent elbows when seated on a chair. Forearms should be able to rest comfortably on the table.
- The table or chair height may need to be adjusted to better fit the child. Foot rests or seat cushions may be used. Consult with your school's occupational therapist for more information.



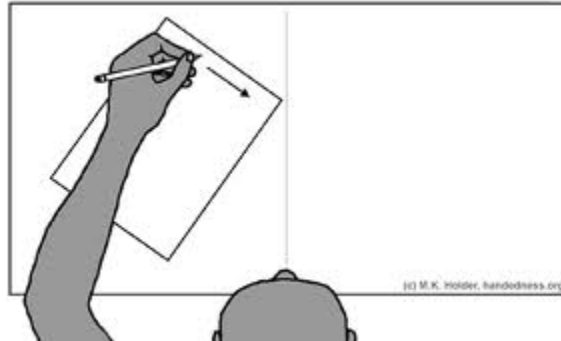
## Paper Position

- Paper should be slanted on the desktop so it is turned in the same direction as the writing arm. The opposite hand should assist in steadying the paper.
- **Right-handed students** should slant the top of their paper approximately 25 to 30 degrees to the left with the paper just right of the child's midline.
- **Left-handed students** should slant their paper 30 to 35 degrees to the right and the paper should be placed to the left of the child's midline.



Amundson, S. (2005). Prewriting and handwriting skills. In J. Case-Smith (Ed.), *Occupational therapy for children*. (pp. 587-614). St. Louis, MI: Elsevier, Inc.

# Left Handed Children



Left-handed children should be encouraged to use their preferred hand. More importantly, they should be taught how to correctly form pre-writing and writing strokes. Without proper training and practice, left-handed children may develop poor and/or inefficient writing skills. The most important factors in left-handed writing are: the position of the writing paper, the position of the arm and wrist, and the grip on the writing instrument. The following are tips for working with left-handed children in the school setting:

- Encourage children to work left-to-right of the paper as they may prefer to do the opposite.
- “Hooked” style of writing should be discouraged and corrected with proper paper positioning.
- Encourage the child to grip his/her pencil 1-1.5 inches away from the point. Place a mark on the pencil to remind child where to put their finger.
- Tilt paper so right arm is at a right angle to bottom edge of paper and top right corner is towards the writer.
- Wrist should be straight when writing and hand should be placed below the writing line.
- Provide left handed scissors for cutting.
- For computer use, place mouse to the left of the keyboard.

Holder, M.K. (2006). *Teaching left-handers to write*. Retrieved from online website: March 24, 2011 from <http://www.handedness.org/action/leftwrite.html>