

Let me: sit ready for handwriting



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What is this leaflet about?

The aim of this leaflet is to provide general advice on how to provide the best sitting position to obtain the best handwriting.

Things to consider

Before beginning a handwriting task the following things need to be considered:

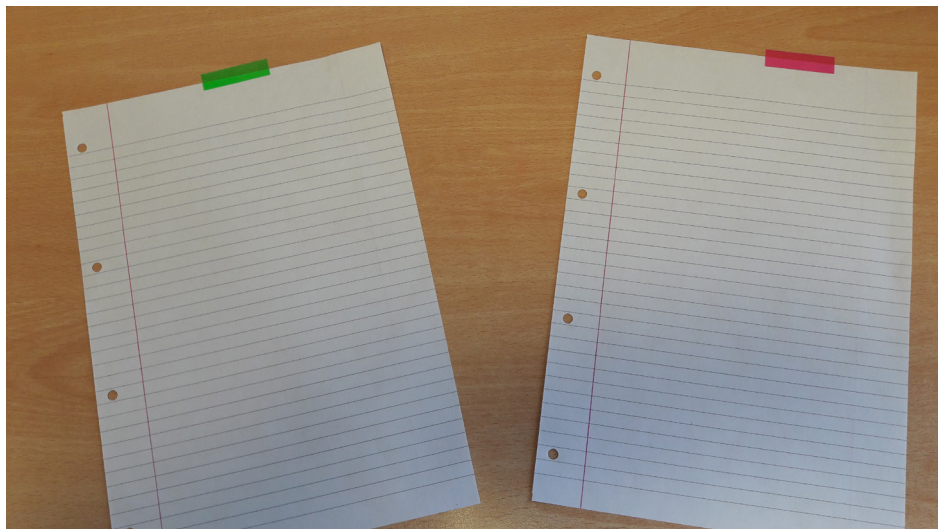
- Your position will affect how you use your hands to write. Make sure that:
- Your bottom is right back in the seat
- The seat reaches to just behind your knees
- Your feet are flat on the floor
- The table reaches to just above your elbow
- The chair is pulled in close to the table
- You are sitting with a straight back, not lying over the page

Ways to help

- Get a smaller or bigger chair or desk.
- Place a firm non-slip footrest under your feet if you cannot reach the floor.
- A sloped writing board will help stop leaning over the page. A lever arch file can also be used.

Tilting the paper

It is much easier for you to keep the writing on the lines if the paper is tilted slightly in the opposite directions for a left and right hander. The non writing hand should hold the paper.

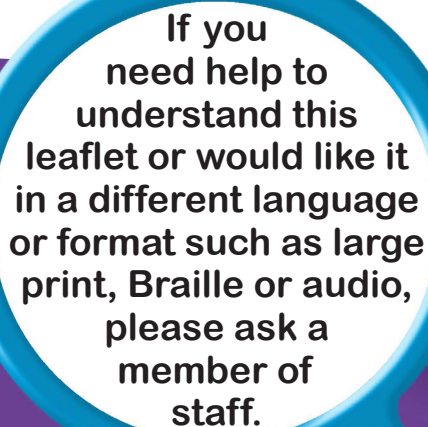


Right

Left

Place a sticker or strip of masking tape on the desk as a reminder of where the top of the paper should be.





**If you
need help to
understand this
leaflet or would like it
in a different language
or format such as large
print, Braille or audio,
please ask a
member of
staff.**

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