

Improving Your Recording Skills

Handwriting is a complex task. Many people have difficulty recording their work.

Factors to consider when you have handwriting difficulties:

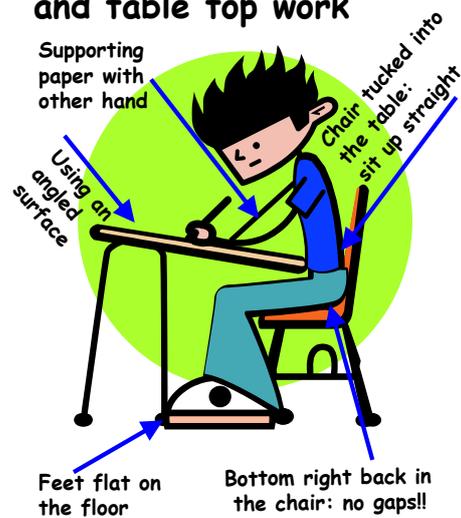
Ensure that you are sitting in the best position possible before writing.

Seating Posture

How NOT to sit

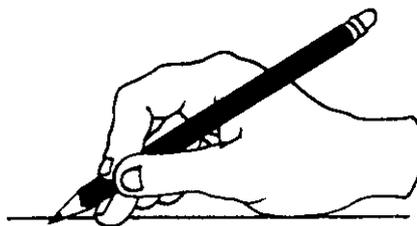


Good sitting for writing and table top work



Pencil Grip

The way in which you grip your pen is important. Many professionals feel that you are best to use a tripod grip, when writing, but as long as you are comfortable, and don't experience, tired or sore hands when you write, and can record your work, effectively, try not to worry about it.



Tripod Grip



Pencil Control

If your pencil grip is either, too loose or too tight, and/or you lean too lightly or heavily on your pen when you write, you may have difficulty recording your work when you move up to High School. The following section lists some of the strategies and ideas, which may help to make things a little easier for you.

Helping With Handwriting

There is a huge variety of specialist equipment which you can buy, either from your local stationary shop or more specialist suppliers. Here are a few ideas for you.

Pen / Pencil Grips



Tripod Grips



Chubbi or Ultra Grips



Writing Claw



Stubbi Grips (pink above)



Pens

Again, there is a huge variety of pens designed to give you a better, more comfortable grip. Here are a few ideas.



Yoropen – has an adjustable grip and good finger support. It can help if you tend to smudge your writing, particularly if you are left handed.



Twist 'n' Write / Tripod Pen

You can buy pens and pencils with built in grips from your local stationary shop.



Writing Aids

Studies have shown that using a sloping desk top, may significantly improve a person's written work.



Thumb wraps can help to hold a pen or paint brush in the correct position.

If you find it difficult to keep work from slipping around when you are writing, ask your therapist about trying a piece of dycem non-slip matting.