**Handwriting tips**

* The key to learning is practice, practice, practice!
* Keep to short timed sessions so your child is able to maintain concentration without becoming bored or uncomfortable
* Make sure your child is sitting comfortably when they write, with their feet firmly on the floor. If it's helpful, try using a slanted writing surface
* Help your child to learn to grip the pen/pencil properly using the tripod grip. This allows the fingers and wrist to move freely without putting pressure on the hand
* Help your child strengthen the muscles in their hand by using play dough or performing hand exercises
* It's recommended that children learn to write using continuous cursive handwriting so they don't have to learn how to form letters twice when they need to write more quickly later on.
* When a dyslexic child is learning to write it's important to be aware that a co-occurring condition such as Developmental Co-ordination Disorder or dyspraxia may also be present. For more information visit [www.dyspraxiafoundation.org.uk](https://dyspraxiafoundation.org.uk/). There are ergonomic products available which can help pupils who find holding a pen or pencil uncomfortable
* For some pupils with dyslexia and/or dyspraxia the difficulties associated with handwriting can mean that the only way that they can achieve the speed of writing needed for success in the education system is to use a computer. If this is the case then learning to touch type will be beneficial.

From BDA Dyslexia.org.uk