

Posture and Positioning

Handwriting problems often arise from simple environmental barriers. In order for good handwriting and learning to occur, the child must be properly seated at the work surface with their body ready to work!

Posture:

- A comfortable and upright sitting posture is necessary.
- The chair should allow the student to sit with feet flat on the floor, back to the chair, and knees and hips bent to 90 degrees.
- Make sure the desk is not too high or too low for the student to adequately perform.
- The desk should be at a height that allows the arms to rest comfortably.
- The child's knees should not be running into the end of the desk.
- Good writing posture:



Positioning:

- Allow the student to try different positions for writing.

- If the student is constantly showing poor posture, have them write at a slanted surface such as a 3 ring binder.
- Allow the student to write at the chalkboard or on an easel. This promotes shoulder stability, minimizes directional confusion, and increases attention to the writing task.
- Position of Paper:
 - Paper should be 20-25 degrees for right handed students and 30-35 degrees for left handed students.
 - Place a line of tape on the desk for students who forget.