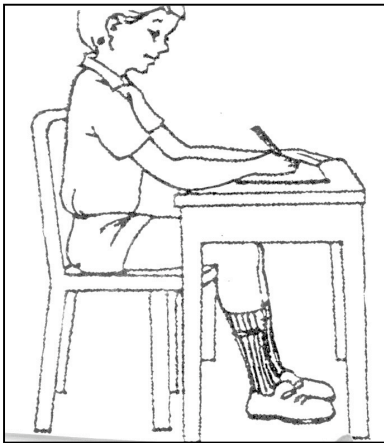


## FACT SHEET: IMPROVING HANDWRITING- POSTURE AND POSITIONING

### 1. POSTURE

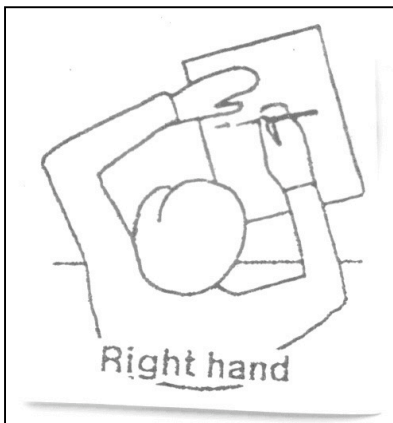
The correct position for handwriting and general tabletop activities is as pictured.

- Bottom back in seat
- Head should be central
- Hips, knees and ankles at 90°
- Both feet place flat on the floor
- When the shoulders are relaxed and elbows comfortably bent, the table should be at forearm height or 2-3 cm below



### 2. PAPER/BOOK POSITIONING

Place the paper in the centre of the child's body and at a slight angle to the desk. The non-writing hand should support the paper. There should be sufficient space to rest the child's forearm\* on the table (see below)



\*(from the elbow to the hand)