



Handwriting is Crucial for Development

For most of us handwriting is a task we take for granted. We don't consider how much goes in to it, nor do we think about the implications of not mastering this skill.

Handwriting is a complex process. It involves:

- quickly transferring a thought into words
- accessing memory to choose the correct letters that make up a word (symbols)
- holding and directing the pen
- feeling the page and coordinating eyes to form the letters on the page.

Today with technology we increasingly use typing in place of handwriting. Although typing and technology are useful tools handwriting has many benefits. According to research three areas of the brain light up in a highly coordinated way when a person is handwriting and no such activity is observed with typing.

The physical act of handwriting helps improve:

- reading and writing
- reading comprehension
- memory and recall
- critical thinking and conceptual development
- creativity
- calming the body and nerve ends
- managing depression and anxiety
- problem solving
- organising and processing information
- focusing on tasks.



Children who struggle to write by hand often avoid it or are encouraged to type instead. Unfortunately they then miss out on all the benefits derived from handwriting and from gaining help for the underlining cause of their difficulty, which may include problems with:

- fine motor weakness or weak hands
- poor coordination between hands
- poor core muscle strength or posture control
- poor eye hand co-ordination
- poor processing of their senses

These functions are necessary for many other life skills and activities, eg tying shoe laces, using a knife and fork, dressing and grooming

Occupational Therapists are experts in improving handwriting and hand skills. If you know a child who is struggling with their handwriting contact us at Therapy Professionals as our friendly Occupational Therapist can help. Just contact us:

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