

# Morrells Handwriting: Handwriting Tips

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1. Ask your child to sit correctly at a table. Both feet should be flat on the floor, both arms on the table, bottom touching the back of the chair and body slightly leaning forward. If they cannot touch the floor, put a box underneath their feet. This will help them use their core muscles and improve their core strength, preventing slouching; thus neater handwriting.

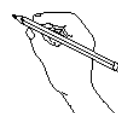


2. Warm up the fingers using a clothes peg. Ask your child to use their thumb and the index with their arm outstretched in front of them and the other arm on the table. Use the peg in their right hand then left hand, starting with 10 x slow squeezes to close and open the peg in each hand every day, progressing to 30 in each hand every day. Your child may have a shaking hand when they first start squeezing the peg. This may indicate poor finger, hand, wrist or arm muscle strength due to weak hand muscles. These will strengthen in time. Watch our video's on Twitter [MorrellsHand](#), Facebook [MorrellsHandwriting](#) and Instagram [thehandwritingexpert](#).

3. Also, warm up the hands by squeezing the stress ball, 10 squeezes in each hand every day. Think of it as a 'hand gym' for writing. Other great warm-up exercises are: badminton, tennis, climbing, biking and gymnastics. These will help strengthen these weak muscles, as does playing swing ball, baking and kneading dough.



4. Draw an infinity sign.  Ask your child to trace over the top of the infinity sign repeatedly a number of times. This will stretch and move the finger and wrist muscles and encourage the writer to write from the wrist. Put your hand on your child's shoulder. If you feel a movement in the shoulder, ask them to hold their writing wrist with the other hand. This will help identify the correct muscles to use in their fingers and wrist.
5. The dynamic tripod grip is the most efficient grip to use for handwriting. Use the pencil grip and pencil when writing in the Morrells workbooks to correct a poor grip. It is important that the writer perseveres with the grip, as a poor pencil grip leads to a slower writing speed and an aching, tired hand during exams.

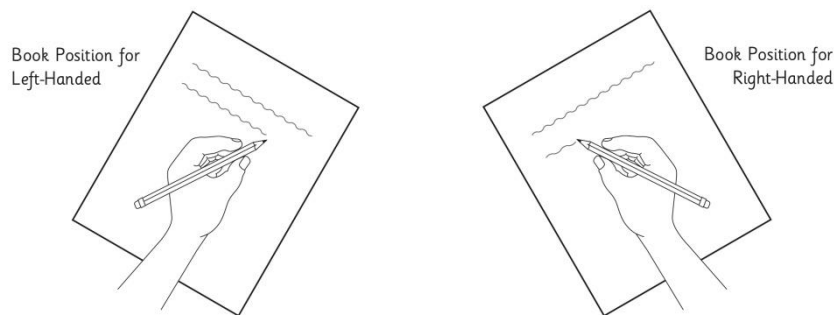


# Morrells Handwriting: Handwriting Tips Continued

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## 1. *Information for Left-handers*

*A left-hander should hold their pencil correctly so they can see the pencil point, tilting their paper to the right and they should write from underneath the line. Their left arm should be parallel to the margin. They should not sit next to a right-hander as they will clash elbows.*



- After warming up the hands ready to write, ask your child to write using the worksheets for 10 minutes. If it is taking longer - stop! We do not want your child to become tired or bored. Try again the next day and build up to a page in 10 minutes. After the 10 minutes, ask them to transfer their work onto the Morrells Handwriting lined paper which can be downloaded for free from our website: [www.morrellshandwriting.co.uk/free-handwriting-resources](http://www.morrellshandwriting.co.uk/free-handwriting-resources)*
- Make sure that the letters are all even, placed on the lines and ensure that your child is tracing correctly, using the correct orientation and directional movements. Time taken correcting handwriting at this stage will unpick engrained, bad handwriting habits and speed up the process of achieving legible handwriting.*
- It is important to compare the 'before handwriting' evidence with an 'after handwriting' evidence to show your child their improvement in handwriting. Always correct any new bad habits that creep in due to poor muscle strength i.e. not starting the writing at the margin, or not sitting the letters or words on the line correctly. There will be a significant improvement in handwriting over a 6 week period.*

*If you have any questions, please contact us. We are here to help make handwriting easier for both your child and you.*

