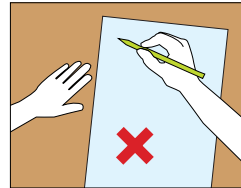
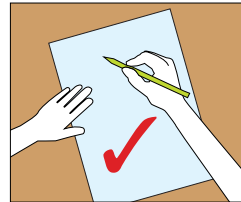
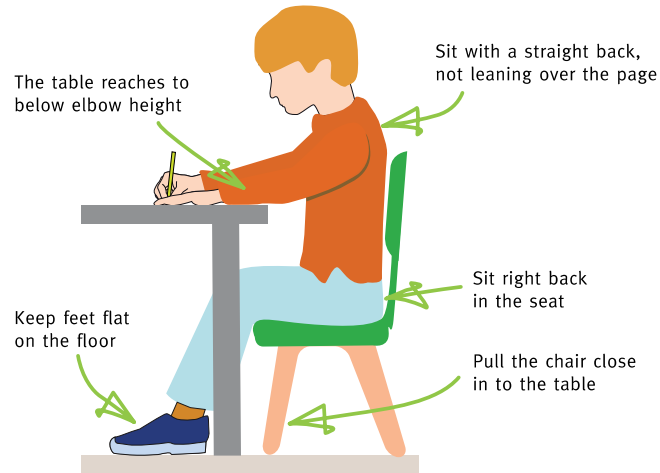


## Correct Posture for Handwriting

Sitting comfortably and holding the pencil correctly will aid neater handwriting and help pupils write for longer periods.

### How to sit comfortably



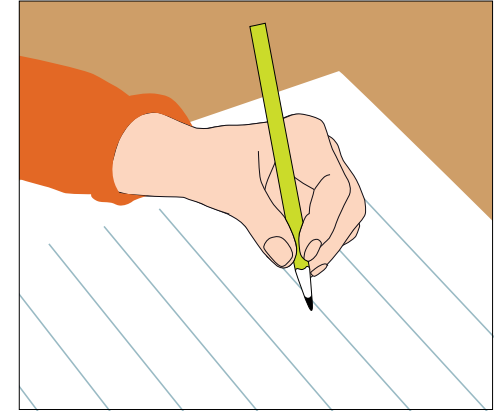
Paper positioning for right-handed children.

### Seating and handwriting positioning for left-handed children

Left-handed children may find it difficult to follow right-handed teachers as they demonstrate letter formation (and vice versa). Teachers should demonstrate to left-handers on an individual or group basis.



Paper positioning for left-handed children.

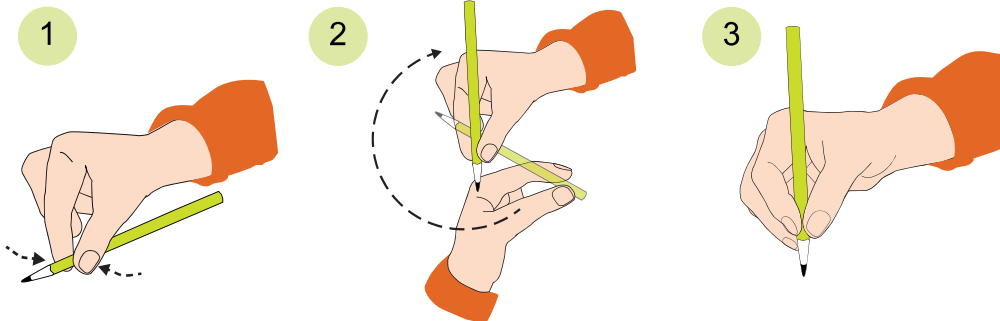


Tripod grip for left-handed children.

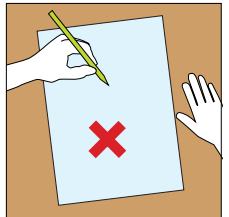
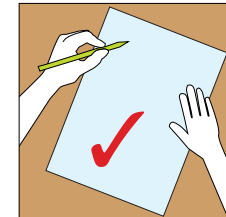
### How to hold a pencil correctly using the tripod pencil grip

Both right and left handed children should be encouraged to use the tripod grip which allows the pen/pencil to be held securely whilst allowing controlled movements of the pen/pencil nib.

- Grip the pencil with your index finger and thumb with the nib pointing away.
- With your free hand, spin the pencil from underneath.
- Use your middle finger to support the underside of the pencil.



- Left-handed pupils should sit to the left of a right-handed child so that they are not competing for space.
- Pupils should position the paper/book to their left side and slanted, as shown.
- Pencils should not be held too close to the point as this can interrupt pupils' line of vision.
- Extra practice with left-to-right exercises may be necessary before pupils write left-to-right automatically.



Paper position for left-handed children.

### Inclusion

Children whose handwriting is limited by problems with fine motor skills, including left-handed children, and children with special educational needs, should be given one-to-one tuition to help achieve their optimum handwriting level.

### Pens and pencils

Children are encouraged to start handwriting using a soft pencil. When fine motor skills have been established a handwriting pen can be used. More competent pupils can use a ballpoint pen.