

Handwriting for left hander

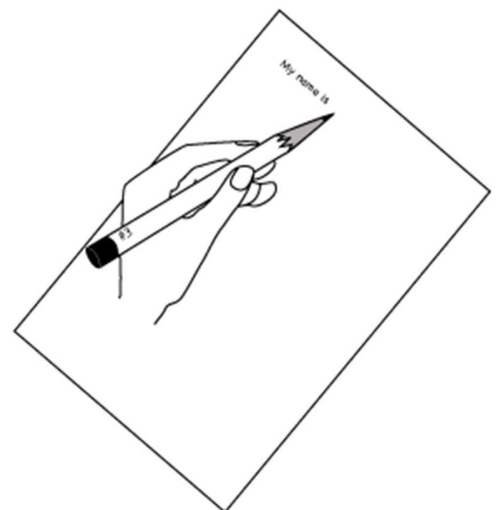
Sitting Posture

The chair should be at a height that allows the child's feet to rest flat with the hips, knees, and ankles all at 90-degree angles. The desk height should be about 5 cm above the height of the child's bent elbows. If the desk is too high, the child's shoulders will tend to elevate which can restrict freedom of movement. If the desk is too low, the child may tend to slouch over the desk or lean on the right arm for support.

Type of Pencil and Pencil Grasp

In holding the pencil, the forearm should rest on the writing surface in a neutral position, with the hand resting on the little finger. This allows the wrist to move freely. The wrist should be in a slightly bent back position. There should be a rounded, open web space between the thumb and fingers (like an O). This position permits freedom of movement through all finger joints and also allows the finger pads to make contact with the pencil.

Teach left-handed students to hold their pencils about 3 cm higher than right-handers, so that they can see over or around their hand; show them how to point their pencil toward their left shoulder. Suggest that they keep their wrists nearly flat against the writing surface, and prevent hooking by keeping their elbows close to their bodies.



Positioning of Paper

Turn the writing paper to the right, rather than the left. This enables lefties to see their work better, to have better leverage, and to write faster. Each child needs to develop a natural slant that is comfortable with the paper positioned on the left side of the desk in front of the left arm so that the writing flow to the right is easier. Once the best angle of the paper has been identified, a strip of masking tape can serve as a visual reference.