

Handwriting tips for older children

As children grow and their handwriting develops, occupational therapists begin to support these skills differently.

Here are some of our top tips:

Upcycling household supplies

You don't need to work on adjusting pencil grip, letter formation or other 'bad habits'—especially if the child does not seem to be struggling in these areas. If it's functional, move on!

Motivation is the key

Children need to practice writing between OT sessions, but homework should be fun. Find an interest that makes them enjoy writing. It could be their favourite song's lyrics, a letter to a friend or family member, a play that they like, or the steps to clear an obstacle course!

Using furniture for tummy games

Handwriting practice does not have to include writing. As the main challenges involve legibility, speed and spatial organisation, you can support their fine motor and visual skills with games. Play crossword puzzles, try colouring books for adults or books with mazes.

What are some handwriting challenges that your children have? Let us know or discuss some ideas with your Key Worker for the next session!

This blog post was adapted from Jessica Lee's blog.

Jessica Lee is an Occupational Therapist at Plumtree.

You can find more tips on her Instagram blog [@jessthanperfect_ot](#)

