

Make room for easy writing

Use this setup check with a child before practice. Notice what helps rather than insisting on one perfect grip.

☐ Choose a chair that supports the back and feet.

☐ Bring the paper close enough to avoid reaching.

☐ Rest the forearms comfortably and relax the shoulders.

☐ Let the spare hand hold the paper steady.

☐ Try a pencil that makes a clear mark without squeezing hard.

☐ Take a short break if writing feels tiring or uncomfortable.

One adjustment to try next time _____

An unusual grip does not always need changing if writing is comfortable and readable. Persistent pain or difficulty deserves individual advice.

US Letter: actual size / 100%. A4: fit to page. Personal, household or one-classroom printing.

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