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.

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