Handwriting is a complex task. Occupational Therapists address underlying difficulties in the following areas:
- motor skills
- sensory skills
- postural control
- visual perception (3)

Children who can copy the following pre-writing shapes are more likely to be able to copy letters: (3)

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|   ○   +  /  □  \  ×  △   |
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While OT may assess and develop a child's pencil grasp, this skill alone is NOT associated with improved handwriting legibility. (2)

A consistent predictor of handwriting improvement is PRACTICE!! (1)

Research found that children had to practice 2x/week for 20 sessions prior to seeing significant improvements in handwriting. (1)

Improvements in handwriting speed require *even more* practice. (1)

References: