Handwriting Tips

 Legible handwriting is an important skill to have—even in this technological age. If your handwriting is a mess, here are some tips for improving.

1. The National Adult Literacy Agency has a terrific 48-page document called “Better Handwriting for Adults” which might help. It can be accessed on their website: [www.nala.ie](http://www.nala.ie).
2. Often, practice with fine motor skills will improve handwriting. There are many adult coloring books available that can help with this: the books have pictures full of little spaces that need to be colored. Practice coloring in the lines. And it’s fun!
3. There are many handwriting aids available. A simple Google search will bring grips, rulers, and positioners. Most are inexpensive, and they may be worth a try.
4. As with any job, having the right tool is important. Pencils come in different widths; some people find pens easier to use than pencils. Find the writing implement that works best for you.
5. Along with having the right tool, posture can make a difference, too. Make sure your fingers, and your entire body, are positioned in such a way as to make writing comfortable.
6. A common problem is applying too much pressure to the pencil. Do not grip the pencil too hard and do not press the pencil onto the paper too hard, either.
7. Slow down! Taking your time when writing can help eliminate some problems.
8. Work on specifics. If you notice specific problems (you do not close the top of your ‘a’, or your ‘h’ and ‘n’ look similar because the ‘h’ is not tall enough) work on these.
9. Practice! Improving handwriting is not necessarily an easy process. It is a learned skill that takes time. Keeping a daily journal will not only give you writing practice, but you can record your progress.
10. Persevere! It will take some time to improve your handwriting—especially if you need to unlearn bad habits. But don’t give up! Keep practicing good habits and it will happen!

Good luck!