

The Brain Coach's Tips for Good Handwriting

Little Giant Steps www.littlegiantsteps.com

Brain Coach Tips for Good Handwriting:

A good pencil grasp is key to good handwriting. If you have tried to teach your child how to hold a pencil correctly and he still has difficulty, then we need to ask the question, "Why?" Many children have low muscle tone so lots of running and playing outside is needed to build a strong lung capacity and increase oxygen intake for good muscle tone. (This will help brain function, too.) Hanging from a chin-up bar or crossing monkey bars will build strength in the hands.

Helpful Products: Stretching a hyper-flex ball for a minute two times a day will build up the flexor muscles of the fingers. Consider products like putty-eye creatures, squirt fish, poppers, puzzibits and button on a string to develop cortical opposition (index and thumb touching pad to pad) which is important for manipulating a pencil. A "claw" can train muscle memory for holding a pencil correctly.



Puddy Eye Guys



The CLAW



Twist N' Write



Poppers



Hyperflex Ball



Button Tug-of-War



Squirt Animals



Developmental Tip: Your child may know how to form letters and numbers but doing it neatly is a challenge. You may have taught your child to hold a pencil right but there is still a struggle. These types of symptoms are typically from a lack of good brain/body connections. The distance from the brain to the finger tips is a long way for signals to travel. The Neurodevelopmental Approach can provide specific stimulation to the brain to remediate these issues. The activity that is typically recommended for these symptoms is called "Deep Pressure on Hand and Arm" and provides stimulation to the brain to build neuropathways from the deep tissue in the arm to the brain. The parent uses his thumb and pointer to press or squeeze each of the child's fingers, starting with the tips of the fingers and working into the child's palm. Then the parent uses his whole hand to press or squeeze the child's arm from the hand working all the way up the inside and outside of the arm all the way to the shoulder. "Deep Pressure on Hand and Arm" should be done one minute two times a day for six to eight months for lasting benefit. For more information on The Neurodevelopmental Approach, please visit www.littlegiantsteps.com.