Evidence and Interventions for Children with Handwriting Deficits

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Evidence and Interventions for Children with Handwriting Deficits

Josephine Hatch MOTS, Mary Anderson OTD, OTR/L

What occupational therapy interventions can increase fine motor skills in children who experience handwriting deficits associated with but not limited to ADD/ADHD/attention deficits?

Interventions

• Sensory –
  1. Short-term sensorimotor intervention.
  2. Sensorimotor intervention paired with handwriting practice.

• Motor –
  1. Practice.
  2. Handwriting Clubs.
  3. Interactive Metronome Training.
  4. Three-dimensional robotic-guided repetitive motion fine motor training.

• Cognitive –
  1. CO-OP intervention.
  2. Self-guided and task-oriented activities.

Recommendation

• Intensive handwriting practice with worksheets and homework.

• Handwriting clubs with social aspect and choice in writing topics.

• Intervention should occur more than twice a week for at least 20 sessions.

Clinical Bottom Line

• Further research on handwriting interventions for children with ADD, ADHD, or attention deficits.

For references email: Josephine.Hatch@Maine.edu

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