Evidence and Interventions for Children with Handwriting Deficits

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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.

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