



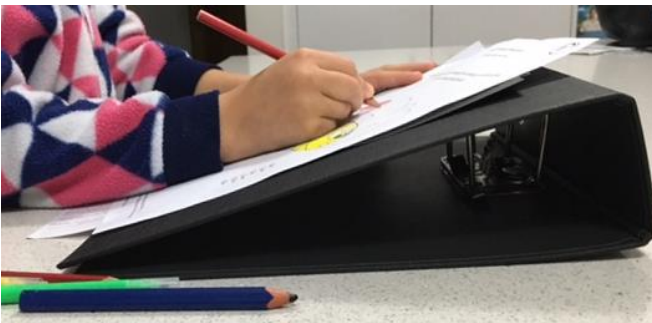
Using a sloped writing surface

Why is a sloped writing surface recommended?

- To assist children to maintain an upright sitting posture
- To promote more extension in the wrist (holding the wrist back), to improve finger dexterity and pencil grip
- To bring the work closer to the child

How to achieve a sloped surface at home and school:

- **A4 folder:** the simplest option is to use an empty A4 ring binder folder, positioned to slope towards the child. This option is light, portable, cheap and effective, but it is not adjustable, and the child may find it difficult to hold it securely in place.



- **Sloped writing board:** there are many models available in plastic, Perspex or timber. Many models can be stored flat, have an adjustable angle and may have a clip to secure the paper or work book. They provide a larger work surface and are less likely to move around on the table.



Where to purchase a sloped writing board:

- Sloped writing boards are available online, or various office supply stores
- Facilitate OT Services have collapsible, adjustable Perspex sloped writing boards available for purchase – please discuss with your Occupational Therapist.

FACILITATE OCCUPATIONAL THERAPY SERVICES

Phone: 1300 855 513

Fax: 02 4201 0196

Suite 6, 44 Hopetoun St Woonona NSW 2517

PO Box 285 Fairy Meadow NSW 2519

ABN: 80 820 854 848

Admin@FacilitateOT.com.au

www.FacilitateOT.com.au

Providing expert Occupational Therapy services across the Illawarra and Shoalhaven