

# HOT Evidence

Handwriting for Children & Youth 5–21 Years

## Why This Matters

Literacy, the ability to read and write, is **foundational to academic success**.

Impairment in **handwriting** has been linked to **barriers** to **fluent composition** and **productive engagement in academic tasks**.

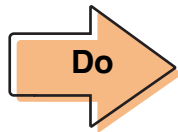
**Occupational therapy practitioners** provide **therapeutic practice**, which is **effective** in supporting the **development of legible handwriting**.

## Improving Handwriting Legibility

Evidence-Based Interventions



**Don't provide isolated training** on the components of handwriting (e.g., in-hand manipulation, visual perception, visual-motor skills)



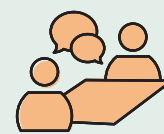
Use activity-based practice



Have students self-evaluate handwriting



Use handwriting curricula that include sensorimotor activities



Co-teach and collaborate with teachers

## Find the Evidence

Visit <https://research.aota.org/ajot> to review *Interventions Within the Scope of Occupational Therapy to Improve Children's Academic Participation: A Systematic Review*