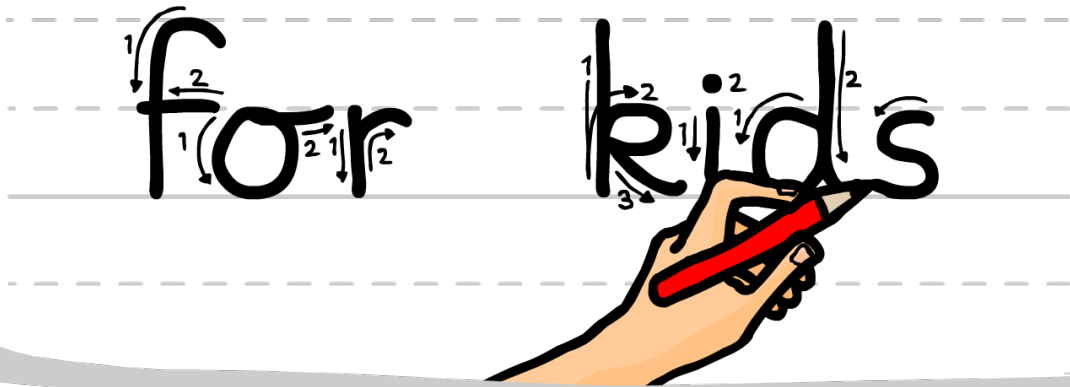


Left-handed LETTER FORMATION



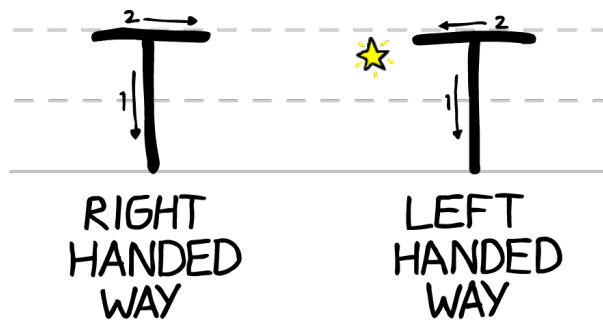
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Left-Handed Letter Formation

Thank you for downloading this e-book from lefthandedchildren.org

We have produced this book to help your left-handed child form the letters of the alphabet with the minimum of difficulty. Problems can arise because right-handers naturally “pull” their pen across the page and can easily make left to right strokes following the direction of writing. Left-handers are “pushing” their pen across the page and when making left to right strokes this can lead to the pen or pencil digging in to the paper so it does not write smoothly.

Left-handers usually avoid this problem by forming some of the letters differently, like this...



On the following pages, all the upper and lower case letters are shown with the best starting point and pen directions for left-handers and the ones that are different from the right-handed way are marked with a Star. The letters that have diagonal strokes, like M, N, W and V still feature “pen-pushing” to an extent, but we have found this way is far quicker and tidier than drawing some of the lines backwards.

Some books show different versions of the letter formations to ours and it is ultimately a matter of personal choice, but we have shown the ones that have worked best for us and the children we have helped.

Happy writing!

Keith and Lauren Milsom and the team at LeftHandedChildren.org

We are very interested in your feedback and experiences or any ideas you have that may improve these guides and help other left-handers. You can contact us using:

Email: support@lefthandedchildren.org
Phone: 01737 888269 (UK)
Mail: Unit 113, 14 & 15 Admiralty Way, Camberley, Surrey, GU15 3DT, United Kingdom

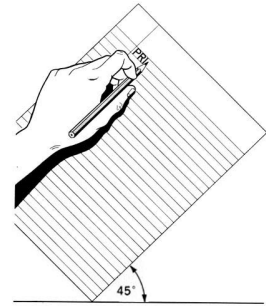
Basic guidance on writing left-handed

There are a few things you can do that will make life a lot easier – if you can make these part of your writing style it will benefit you in the years to come. See our videos on writing left-handed:

<http://www.anythingleft-handed.co.uk/product/videos/writing-left-handed.html>

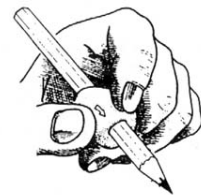
1. The child should hold the pen or pencil at least 2cm away from the tip so that they do not obscure their writing.
2. For younger children, choose a soft pencil, which does not stick or tear the paper. Older children should be encouraged to experiment with different pens and pencils to find one that flows smoothly across the page. Left-handed fountain pens have angled nibs which prevent catching on the paper and encourage smooth ink flow.

3. Check for awkward posture when writing. Place the paper to the left of the body mid-line and tilt the top clockwise up to a maximum of 45°. This should automatically bring the hand into the correct writing position - *underneath* the writing line. Using the Write-well® writing mat under the paper will automatically reinforce the correct position of hand, pen and paper.



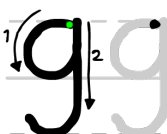
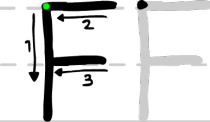
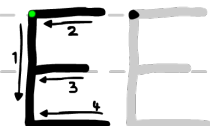
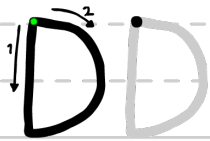
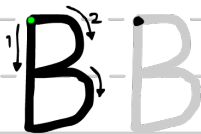
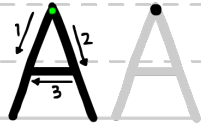
Ideal writing position for left-hander

4. As younger left-handers often have a tendency to write from right to left (mirror script) a coloured star at the left margin helps to remind them where to start.
5. Left-handed children should be seated on the left side of a double desk, or next to another left-hander to avoid elbow clashing (the same applies at the dinner table!).
6. Ensure that the desk and chair are a suitable height for the child. A low table makes a child raise his shoulders, leading to the “hooked” writing style.
7. Do make allowances for clumsiness, smudging and untidiness and emphasise their achievements with lots of praise.
8. The most comfortable and efficient grip for a left-hander is the three-finger or “tripod” grip. The pencil should be held lightly between the thumb and forefinger, and rest lightly on the bent middle finger. With the hand *underneath* the writing line, the forefinger guides the pencil to make the letter shapes, whilst the other fingers just support the pencil. The wrist and shoulder should remain straight and relaxed as the arm slides across the page.
9. To lighten a tight grip and heavy pressure, try a pencil grip for correct finger position as above, and make a game of writing on 3 sheets of paper with carbon paper between them, the aim being to write lightly enough *not* to make an imprint on the underneath pages.



The main thing with all writing practice is to **Have Fun!**

Here are the practice pages – start at the position of the light dot then follow the line directions – go over the black one first, then move onto the grey version and then follow on freestyle! Angle the paper to the right and move it slightly to the left to encourage an open style.

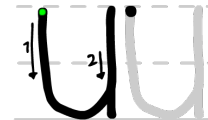
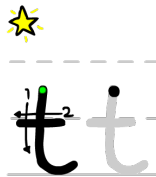
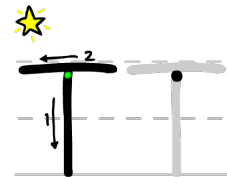
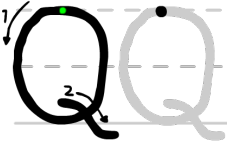
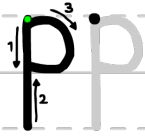
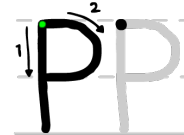
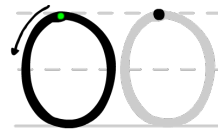


More letters to practice. Remember the tripod grip and a light pressure!



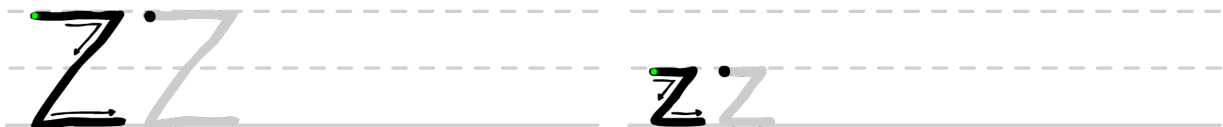
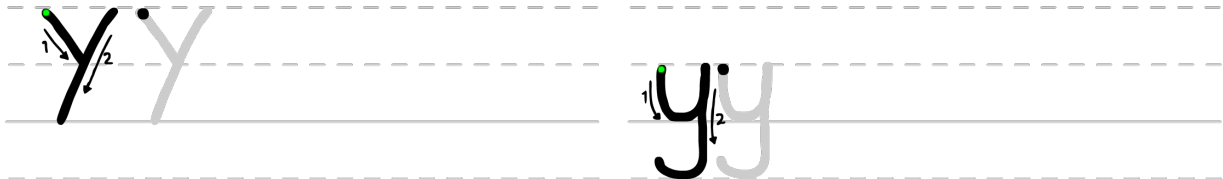
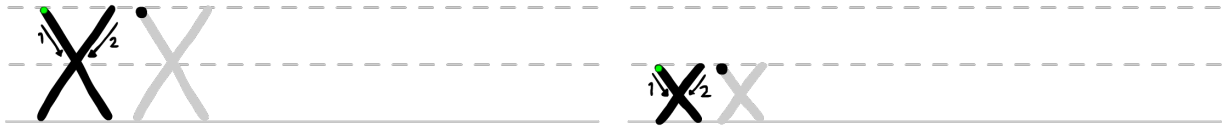
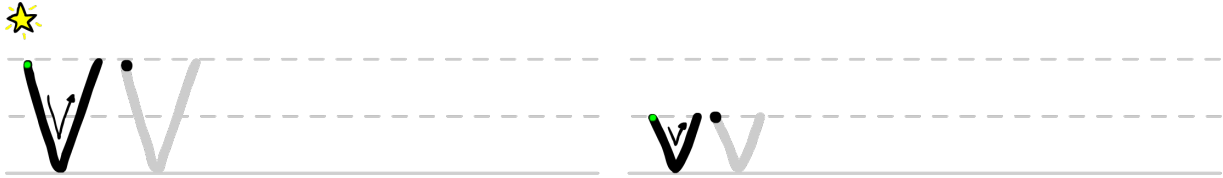
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Keep a smooth flow and don't grip too tight!



If you find this guide useful, please tell others about www.lefthandedchildren.org

Here are the last letters – then there is a set of blank lines to practice on.



If you find this guide useful, please tell others about www.lefthandedchildren.org

Try what you have learned by making your own letters here. Don't forget...
Angle paper to the right, tripod grip and light writing pressure



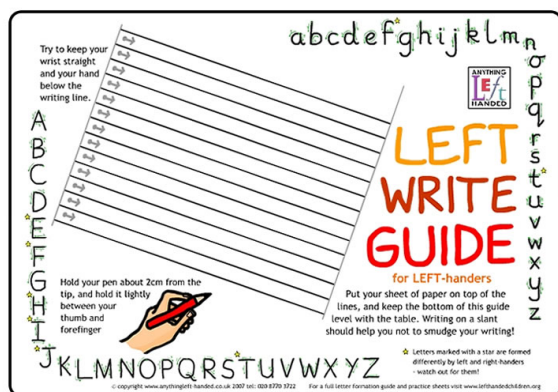
The page contains ten sets of handwriting practice lines. Each set consists of three horizontal lines: a solid top line, a dashed middle line, and a solid bottom line. The lines are evenly spaced and extend across the width of the page, providing a guide for letter height and placement.

Writing Equipment

Anything Left-Handed stock a wide range of left-handed equipment. They are based near London, UK but deliver worldwide

www.anythinglefthanded.co.uk

Fountain pens from Pelikan, Manuscript and others plus calligraphy sets, all with left-handed nibs to prevent scratching and smudging. Their range also includes the innovative new Stabilo Easy ergonomic left-handed pens and pencils, which are excellent for children as the grips are moulded to guide the hand into the perfect tripod writing position. There is also a selection of non-smudge pens with fast drying ink that can also be very helpful for young lefthanders..



Left-Write Mat : This unique writing mat is an invaluable training guide for left-handed children. Designed to prevent or correct smudged work, poor pen grip and bad posture, the mat measuring 420mm x 295 mm (A3 size), is placed on the desk in front of your child and shows the perfect paper position, pen hold and angle of the arm to achieve the most comfortable and effective style of writing as a left-hander. Place paper or workbook over the guidelines and follow the friendly

reminders on the mat. Also shows useful reminders of pen grip, position and letter formation chart for left-handers in capitals and lower case alphabet. Suitable for all ages. Shows right-handers positioning on reverse.

Pencil grips: moulded shapes in bright colours to help get the perfect grip position on your own pencils and pens.

Pencil sharpeners: the pencil is held in the left hand and turned anti-clockwise.

Children's essentials sets, containing everything to make drawing, writing and cutting easy and comfortable when your child first shows signs of being left-handed.

www.anythinglefthanded.co.uk

Tel: 01737 888269

More guides from [lefthandedchildren.org](http://www.lefthandedchildren.org)

- Your Left-Handed Child – 120 page Ebook written by Lauren Milsom
- Helping your pre-school left-hander
- Cutting left-handed, including shapes to cut out
- Handwriting mat with instructions and position guides

To obtain any of these guides visit www.lefthandedchildren.org

Join the Left Handers Club

Register your email address to receive our free newsletters with the latest stories on being left-handed, helping left-handed children and new products

<http://www.lefthandedchildren.org/club-join.htm>

We hope this guide has helped you and your left-handed child and would be very interested in any feedback, ideas or improvements you feel we could make.

Keith and Lauren Milsom and the team at LeftHandedChildren.org

Email: support@lefthandedchildren.org
Phone: 01737 888269 (UK)
Mail: Unit 113, 14 & 15 Admiralty Way, Camberley, Surrey, GU15 3DT, United Kingdom

P.S. A big thank you to our left-handed son Tom who produced all the graphics for the letters (and the header graphic for the [lefthandedchildren.org](http://www.lefthandedchildren.org) website).

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