

Writing with too much pressure

- Try a mechanical pencil. The lead breaks when they push down too hard.
- Place paper on a foam or rubber mat to provide extra proprioceptive input.
- Try adaptive crayons to discourage breakage, as well as short crayon pieces that encourage the correct grasp and are too small to break.

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- Use slim markers or crayons for darker writing when appropriate.
- Use a # 1 lead pencil, markers, chalk, or a grease pencil to provide visual feedback from his drawing/writing) to the child until he begins to exert more pressure on the pencil.
- Use a marker as opposed to a pencil for writing tasks as less pressure is need to form a line.