



## Handwriting Without Tears®

Handwriting Without Tears® (HWT) is a therapeutic curriculum that teaches pre-printing, printing, cursive and keyboarding skills to children of all abilities. Kids can move from one program to the next as skills grow. HWT was developed by an Occupational Therapist using child-friendly language, child development concepts and fun teaching techniques. All HWT techniques are developmentally based, which means that a child builds upon the skills he has mastered. It is a multi-sensory approach that incorporates posture, strength, grasp, coordination, perception and writing.

Many **C&FD Occupational Therapists** are trained and certified in HWT.

### Objectives

**Pre-K Pre-Writing Program (pre-kindergarten):** It inspires active learning and ensures the development of correct and comfortable habits, while providing the necessary foundation skills. Activities include grasp and finger strengthening, trunk strengthening, pencil grasp, pre-writing shapes, learning to write name and drawing a picture of a person.

**Uppercase Printing Program (pre-kindergarten, transitional kindergarten, or kindergarten):** For students who need to brush up on uppercase letter writing. The HWT curriculum approaches letter formation with easy vocabulary and in a developmentally appropriate progression. Activities will include letter formation, letter identification, gross motor skills, pencil grasp, fine motor skills, trunk strengthening and writing on paper.

**Lowercase Printing Program (kindergarten- 5<sup>th</sup> grade):** Focused on lowercase letter writing. Lowercase letters follow uppercase letters in the developmental progression. Activities will include letter formation, letter identification, pencil grasp, fine motor skills, trunk strengthening and correct use of handwriting paper.

**Cursive Program:** This program focuses on a format for “connected writing” and a simple style that makes the transition from printing to cursive easy for all children. The cursive program builds on skills already learned for print writing. Activities will include letter formation, letter identification, pencil grasp, fine motor skills, trunk strengthening and correct use of handwriting paper.

**Keyboarding Program:** This program teaches foundational skills for classroom work and online testing, especially touch typing fluency and speed.

### Scheduling

We offer individual and group HWT sessions.

### Cost

Occupational therapy services may be billed via available insurance benefits or families may pay privately. HWT materials, as determined by your therapist are available on their website (www.hwt.com).

### Contact

Call either office to schedule a free phone intake with an Occupational Therapist.

**MIDTOWN:** 704-332-4834

**PINEVILLE:** 704-541-9080