

Occupational Therapy Advice for Keyboard Skills

Using a keyboard is something that children and young people are generally familiar with from a young age. Being able to use a keyboard to effectively touch type can be helpful as an alternative way of recording work, particularly if writing is a challenge. Consider the size of the keyboard in relation to the young person's hands, by around the age of 7 a child may be able to comfortably use a keyboard with two hands.

Talk to your child's school about support they may be able to provide around keyboard skills and consider the points in the diagram below.

Solid skills take time to develop

Teach them to type real words

*Practice
makes perfect*



*Give them fun
material to type*

Encourage good posture, take regular breaks

Value accuracy over speed

A little praise goes a long way

Here are some websites that have fun, interactive games, and also some keyboard lessons for children to have a go at. All of these are freely available online, you will also find many more by simply searching for 'free typing skills for children'.

- www.typing.com this is a great resource for teaching keyboard familiarity in graded steps. It incorporates games into the different stages too, keeping it fun. If you log in you can save your child's progress as you go.
- www.typingclub.com
- www.kidztype.com
- www.thetypingcat.com
- www.freetypinggame.net

Top Tips!

Practise little and often.

Mix games with typing lessons to gain familiarity.

Practise typing real words once your child has become more familiar with where each letter is on the keyboard.

Occupational Therapy Service for Children and Young People

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