
SLANT BOARD

Eyas Landing & Blue Bird Day



What is it?

A slant board is an inclined surface often used by occupational therapists to improve handwriting skills. It is angled between 20-23 degrees allowing forearm stabilization and the wrist to slightly bend backwards in order to provide optimal positioning for writing. This equipment promotes an upright posture than traditional writing, allowing for more free flowing breathing. In addition to providing body positioning, the slant board also assists with visual tracking as all the information on the page is elevated and completely in focus. Research shows the slant board reduces body tension and heart rate while performing seated activities, due to decreased demands on the body.

Why use it?

Research shows a slanted writing surface has a beneficial impact on the whole body. When the optimal visual distance is created using a 20-23 degree incline, the back is more in line. This creates better body positioning to sit, read, and write. Occupational therapists use an inclined surface to

decrease demands of stabilizing the paper, provide arm stability and wrist positioning, and promote a functional grasp in order to be successful.

Who can use it?

The original research for slant boards suggests that an inclined surface is beneficial for everyone to use since it places our bodies into an upright position for writing. Slant boards may benefit children who have difficulty:

- Visually tracking
- Stabilizing arm
- Writing with a mature grip
- Coordinating both hands

Make your own Slant Board

It is very easy to trial a slant board to see if it may be useful for your child. Many people create their own with 2 three-ring binders duct taped together. Be sure to secure the binder so it is stable. Often a binder clip at the top of the binder or attaching a clipboard with velcro is helpful to secure the paper. Talk to your occupational therapist for more information if you think your child may benefit from a slant board and how to obtain a slant board or create your own.

Price

\$30 Pre-made

Resources

Growing Hands On Kids: 5 Benefits of a Slant Board

[http://
www.growinghandsonkids.com/
/5-benefits-slant-board-for-
writing.html](http://www.growinghandsonkids.com/5-benefits-slant-board-for-writing.html)

OT Cafe: How to Make a Slant Board

[http://
abbypediatricot.blogspot.com/
2012/03/how-to-make-slant-
board.html](http://abbypediatricot.blogspot.com/2012/03/how-to-make-slant-board.html)

