



Learning to touch type

Some children who have hypermobility or arthritis in their hands find writing painful, fatiguing or a slow going process. One alternative is to use technology - but this is often only faster when you can touch type. Learning to type can help you write without putting as much strain on your hands or needing to keep your hands in one position for a long time.

What is touch-typing?

Touch typing is a technique that helps you type more effectively and uses all your fingers rather than using a couple of fingers per hand. It is a skill that means that you can type without having to look at the keyboard while typing.

When you use the touch typing technique you can eventually type faster than when you are writing.

This is why it can be an effective skill to learn so that recording your thoughts in a written form is not as painful, slow or fatiguing.

Learning to touch type can take time and practice ... but it can be worth the effort when you need to be able to write a lot of information in one sitting, such as exams.

It is helpful to get good typing habits early, so that when your work production increases that you are ready to keep up with your peers and show your thoughts effectively.

Online typing lessons

TypingClub

<https://www.typingclub.com/>

Typing club is simple and easy to use. It is a free website that teaches touch typing step by step.

Typing Instructor for Kids

<http://www.typinginstructorkids.com/>

This is a great resource for those who love a bit of competition. Although this site will not teach you to touch type, you can use it to get faster and have typing races with other people.

BBC Dance Mat Typing

<https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

Aimed at primary aged kids, this teaches children to type in a fun and step by step approach.

Kidztype

<https://www.kidztype.com/browse-typing-games.html>

Kidztype is full of games to put into practice what you have learnt about touch typing.



For more information contact:
Miriam Belsham (Occupational Therapist)
National Paediatric Rheumatology Service
Starship Hospital