

## Learning to Type

Typing is more than just spelling on a keyboard... It's developing a fine motor skill. As with other motor skills, getting good at typing takes a lot of practice. Here are some suggestions to experience success and avoid frustration while learning to type:

### 1. Compare learning to type to learning a new sport

“Remember how challenging it was when you were first learning to \_\_\_\_\_? Doing something new with your muscles is hard at first because your brain needs to think a lot about what you're doing... But, as your muscles practice, they start making their own memories and it gets a lot easier. Then, you can focus on other things at the same time.”

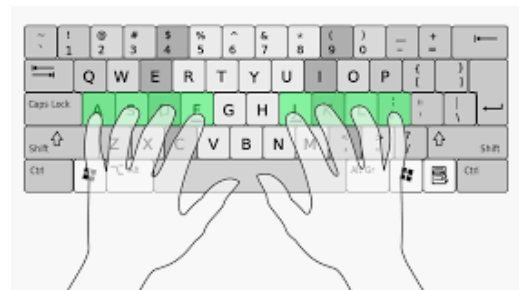
### 2. Warm up your fingers

Many of us are not used to doing things with one digit (i.e. finger or thumb) at a time, especially our ring and pinkie fingers. Try these quick warm-up activities before typing to improve your finger awareness:

- Hook your thumbs together and pull outward, hook your pointer fingers together and pull, hook your middle fingers and pull...
- Put your hands flat on a table and lift one digit at a time.
- Make circles with your thumbs and each of your fingers (like the 'okay' gesture).

### 3. Spend time on the 'home row'

Lining up your fingers on the home row is awkward! It doesn't feel natural at first, so don't rush it. You may need to spend a



few weeks typing only the home row keys until it feels easier to position your fingers this way. Move on to learning the other keys once keeping your fingers on the home row starts feeling automatic.

#### 4. **Make a keyboard cover**

It's sooo tempting to peek at your fingers or take them off the home row so you can see the keys better! But you need to keep your fingers on the home row to get good at touch typing... To prevent peeking, make a keyboard cover with cardboard or other materials that you have around the house.



#### 5. **Practice for 15 minutes every work day**

Studies have shown that it takes about 75 minutes of weekly practice for someone to learn a complicated fine motor skill like typing. Give it time and celebrate your effort!