

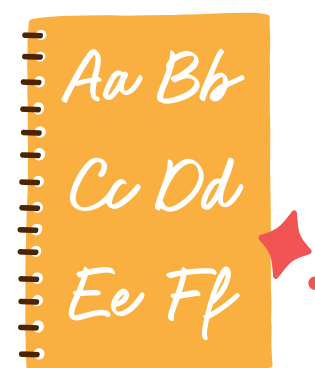
Benefits of Pencil and Paper

Want to build a better brain?

Try paper and pencil!

Handwriting vs. Typing: *Handwriting Wins!*

- Reading and creating variable handwritten styles helps develop areas of the brain used during reading.¹
- Handwriting leads to more widespread brain connectivity.²
- Handwriting training teaches better letter recognition for preschoolers³ and improves finger dexterity and muscle strength.⁴
- Writing by hand improves memory and recall of words.⁵
- Writing notes by hand increases conceptual understanding of material.^{6,7}



Reading on Paper vs. Screen Reading: *Paper Reading Wins!*

- Reading on paper is associated with better reading comprehension for students^{8,9} and better understanding of chronological details of text, particularly for longer and more complex texts.¹⁰
- Reading on paper also promotes better focus¹¹ and presents fewer distractions since paper texts have no bells and whistles.
- When reading on paper, students get a stronger sense of how well they actually understand the text.¹²
- Paper reading puts less stress on the brain.¹³



Resources

Check out the references mentioned here:





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What Can We Do To Build Better Brains?



BUILD BETTER BRAINS AT HOME

- Read paper books with your child from an early age, and continue to engage with paper books and articles together as they grow.
- Model reading printed books and magazines for pleasure—before bed, on vacation, on a lazy day.
- Have your child write postcards to loved ones and thank you notes for any occasion. It's a great opportunity to practice handwriting.
- Point out different fonts in your child's environment to expose them to different letter formations.
- Implement a "no screens before bed" rule to encourage healthy sleep habits.



BUILD BETTER BRAINS AT SCHOOL

- Request pencil and paper for your child at school, citing the evidence provided here.
- Meet with your child's teacher to discuss technology usage in class, including the use of computers, laptops, and e-readers.
- Encourage teachers to let students use technology only when supportive or transformative for learning, according to everyschool.org's [EdTech Triangle](http://everyschool.org).
- Frame decision-making as a partnership to promote the best learning environment possible for your child.
- Reach out to the principal and superintendent with information and for more support.
- Share this toolkit among parents and educators. Consider gathering interested parents and circulate this information among them.