

Other things to try...

Show your child the correct finger and thumb position for holding the pencil and help them to place their fingers and thumb in this position.

Encourage your child to practise for a few minutes each day to build up to using a consistent pencil grip.

Encourage a 2cm gap between finger tips and pencil nib; a rubber band or texture can be added as a prompt.

Trial using a pencil grip, your child will need to learn how to hold and use this consistently.

There are a variety available online; please speak to your Occupational Therapist for further advice and information.

Try to make activities fun and motivating; handwriting activities using a multi-sensory approach tend to be more engaging.

When mark making using small pencils and pieces of chalk / crayons try to keep these at 4-5 cm in length to promote a tripod grasp.

Changing an older child's grip can be challenging so it is best to address it in the early stages of learning how to hold a pencil.

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If you have any queries, please contact your therapist



Developing a Pencil Grip



Barnsley Children's Therapy Services



Name:

NHS Number:

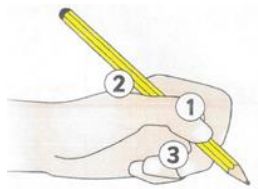
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With all of us in mind.

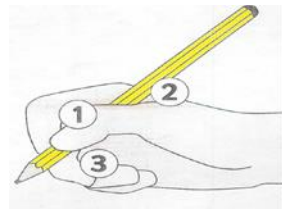
Most children develop a pencil grip that is comfortable for them, in a classroom these will be seen in a variety of ways.

The most efficient way to hold a pencil is the dynamic tripod as it provides stability but allows the precise movements needed to form letters.

The pencil is positioned between the thumb and index finger with the pencil resting on the middle finger.



Left Hand



Right Hand

A pencil grip should only be changed if it is causing a child's hand to become sore or tired and is impacting on the legibility and speed of writing.

[These activities should be fun and be completed on a daily basis where possible!](#)

5 to 10 minutes a day is more beneficial than an hour once a week.

You will need:

- Small pencils / pieces of chalk or crayons.
- Pencil.
- Paper / Chalkboard.

Activities for Developing a Pencil Grip:

- Removing coins one at a time from a purse and posting into a money box / container.
- Picking up small items, e.g. raisins or cereals and placing them into a container.
- Threading beads.
- Button fastening and unfastening.
- Tearing up coloured paper to make a collage.
- Building with Duplo and Lego.
- Open and closing clothes pegs using one hand to place on washing line or shoe box.
- Playing with playdoh; pinching between thumb and index and middle finger. Rolling into small balls and squashing between thumb and index middle finger.
- Sprinkling glitter onto a picture or hundreds and thousands onto a cake / buns.
- Use tweezers to pick up cotton wool balls or toys and place them into a container.
- Encourage your child to hold an object (coin or marble) against the palm of their hand whilst doing some of the above activities.