

Introduction to pencil grasps

This presentation will help staff:

- **Understand the different pencil grasps you might see in typically developing learners**
- **Learn about different pencil grasps**
- **Strategies to support those who are having difficulties with their pencil grasp.**

About to Pencil Grasps

Children go through various stages of development in terms of their pencil grasp before they learn to use a correct pencil grasp.



Introduction to pencil grasps

Cylindrical grasp – 12-18 months



Digital grasp- 2-3 years



Introduction to pencil grasps

Modified tripod
grip 3.5 - 4 years

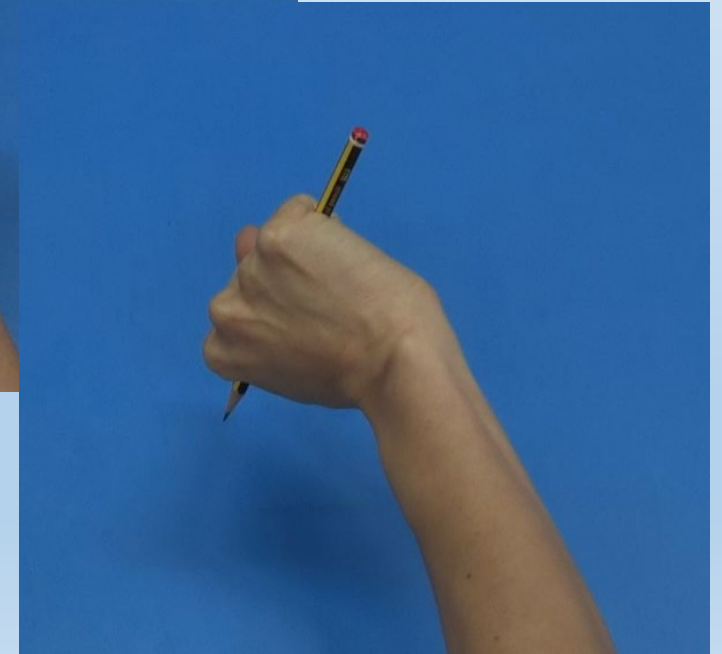
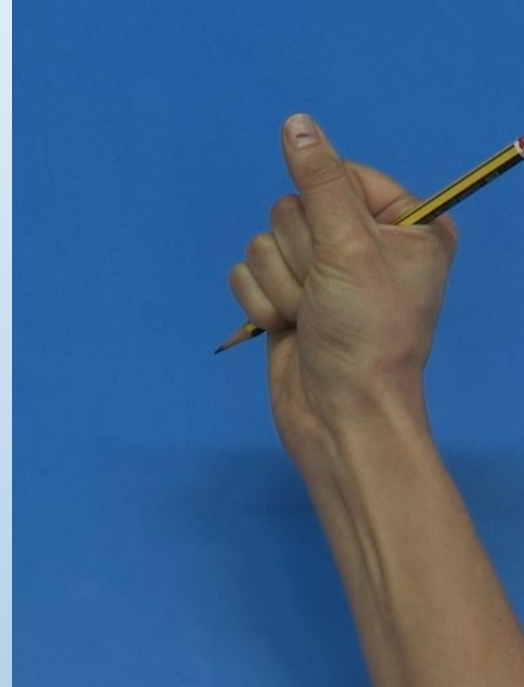


4.5 - 7 years – tripod grasp



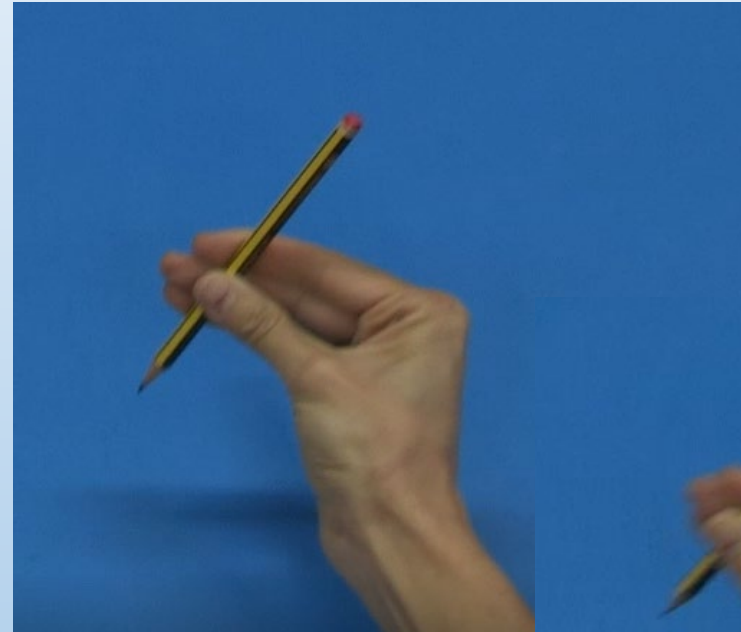
Incorrect pencil grasps

Many use a **fisted grasp** and this is fine for younger students, but not suitable in the long term.



Incorrect pencil grasps

Many **use 3 or 4 fingered grasps** which require whole arm movements and do not help with dexterity.



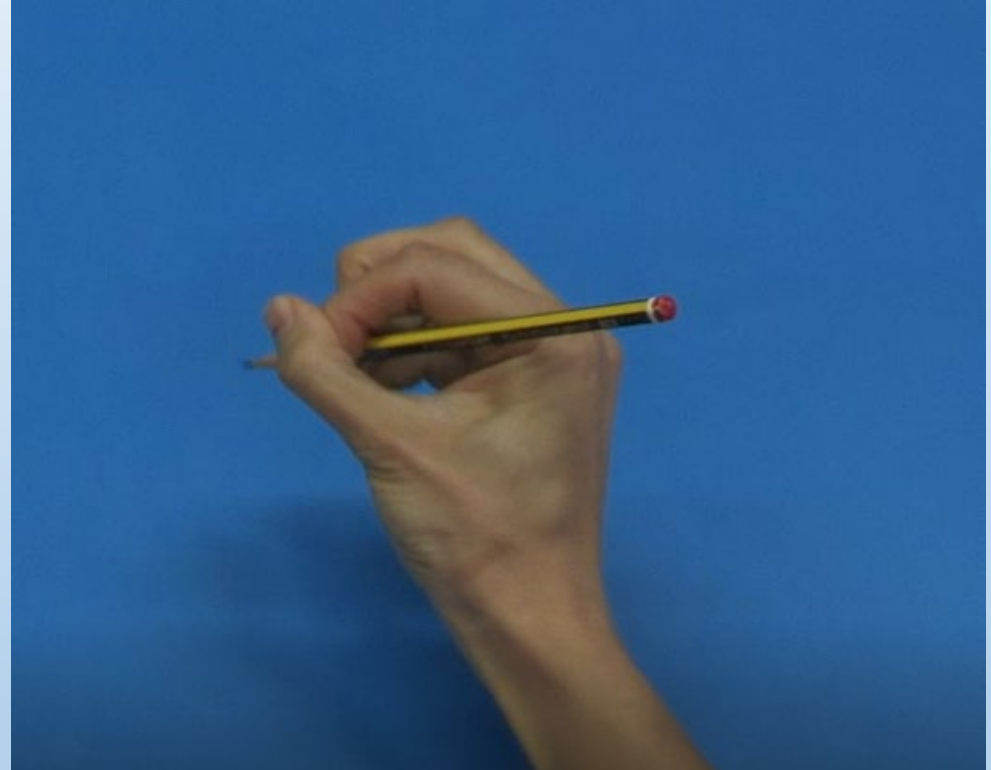
Incorrect pencil grasps

- Many use **tripod grasps with the ring and little finger sticking out.**
 - This can be due to weak hands.
 - To remedy, place something in the hand for the little and ring finger to hold against the palm e.g. a small rubber.



Incorrect pencil grasps

- Some use a tripod grip with the thumb hooked over the index finger.
- This can cause the individual to use too much pressure which can lead to hand pain.



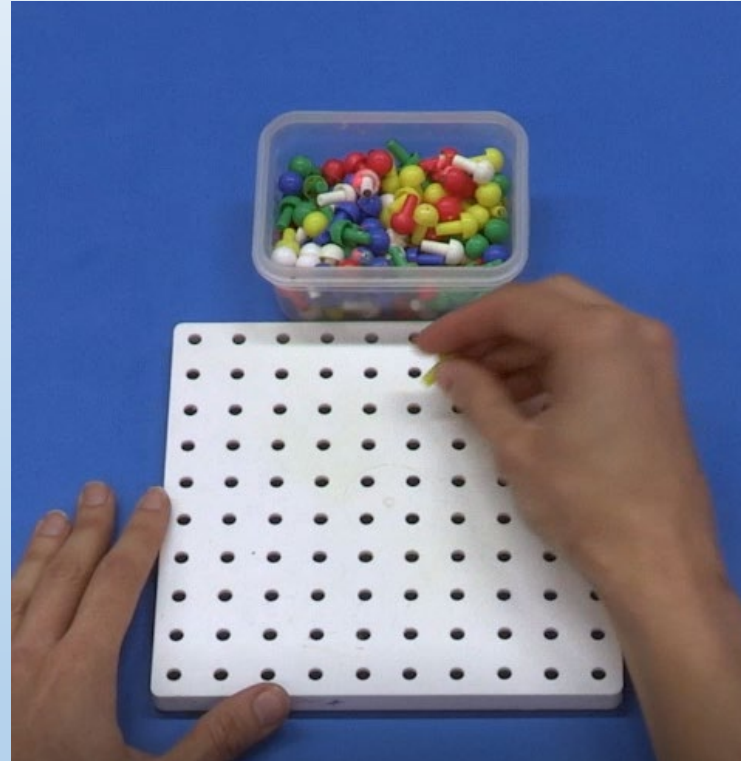
Activities to help

- Use activities on angled surface to promote wrist extension.
- Fingers naturally fall into tripod grasp for this.



Activities to help

- Use peg boards to help pincer grip, manual dexterity and bilateral skills



Activities to help

- Videos of these activities and links to other help websites for pencil grasps support throughout this section of the Learning Through Movement resources.
- Complete these alongside fine motor activities , manual dexterity and hand strength activities