

## **MTLH3.mp4**

[00:00:00] Here are some examples of inefficient pencil grasps. So, you may see children holding a pen in a fist grasp. For younger children that's okay but when they get older that's not a good grasp to be using.

[00:00:16] It can be the other way round as well.

[00:00:22] Then you may see children where they use a full finger grasp. Because of that they will use whole arm movements to move the pencil because they won't have the dexterity.

[00:00:36] You may see a three finger grasp again whole arm movements required. You may see children who have a tripod grasp but their fingers sticking out, their ring and little finger. That's because they have weak hands. So a good way to help with that is to place something for their ring and little finger to hold on to.

[00:01:05] And therefore they've got a nice grasp of the pencil. You may also see a hand grasp where they are using a tripod grasp but their thumb is hooked over the finger.

[00:01:22] That will mean they're using too much pressure so they're more likely to have hand pain when they do handwriting in that. So you again want to try and avoid it and get them into a tripod grasp. A good way to help develop that, is doing activities that will promote wrist extension and in doing that the fingers will naturally fall into a tripod grasp. Ok? You would need to practice these activities alongside doing some fine motor activities as well to work on manual dexterity and strength to help for handwriting. Working on a vertical surface is what will give you the wrist extension. Say it again. Okay so working up on a bogus working on a vertical surface will increase wrist extension and help promote the fingers falling into a tripod grasp.