

Education Taking Part in Class Work Writing and Drawing

Holding a Pencil

Pencil grip is only one part of handwriting. In nursery and school a variety of ways of pencil holds will be seen. Most children develop a pencil hold that is comfortable for them. The type of pencil grip your child uses is only a problem if it is making writing difficult to read, is not at a reasonable speed or makes their hand sore or tired.



Hints and Tips

- Show your child the correct way to hold their pencil.
- Help your child place their finger and thumb in the correct finger position.
- Praise your child when they hold their pencil in a good position.
- Do lots of fun drawing and writing activities together using different types of pencils, crayons and chalks.

If Worried About Your Child's Pencil Hold

- Try different types of pens/pencils.
- An elastic band wrapped around the pencil 1-2cm from the tip to remind where fingers should be placed.
- Try pencil grips.
- Using a slightly angled surface e.g. a 3 ring binder placed flat on the table to write on.



Good Sitting Position:

How best to sit

If possible:

- Bottom back on the chair
- Feet flat on the floor
- Arms rest comfortably on the table
- Table and chair a comfortable size for your child

Positioning of Paper

How best to position the paper

If possible:

Make sure the non-writing hand is always holding the paper. The paper should be sloped at the same angle as the writing hand. This will help your child to see what they are writing.

