

Education Taking Part in Class Work Writing and Drawing

Holding a Pencil

As soon as your child can hold a mark maker using the thumb, pointer and middle finger only start to reinforce a good tripod grasp. Children easily develop bad habits and it is much harder to break these habits once they become established. It is important to use a tripod grasp as it is the most efficient method. As your child gets older and the volume of work increases they may be susceptible to pain or fatigue if they are not using the proper pencil grip.



Activity Ideas

- Use short pencils or crayons to encourage your child to only use their thumb, pointer and middle finger.



- Put an elastic band around the pencil (2cm from the tip) and encourage your child to always place their thumb and first two fingers on the band, or alternately you can buy pencil grips that will encourage your child to develop a good tripod grasp.



- Use chunky triangular pencil/crayons which will encourage the correct pencil grasp.



- Give your child plenty of opportunities to try using a pencil/crayon. Let them score off items on your shopping list as you put them in your trolley. Encourage them to do dot-to-dots and mazes.