

Child: _____ Date: _____

Therapist: _____ Phone: _____

Occupational Therapy

Pencil Grasp

Using a correct pencil grasp is helpful in providing controlled and effective movements of the writing utensil. The dynamic tripod grasp is a mature pencil grasp, which allows the student to generate small, precise movements needed for printing and writing. Small variations in the dynamic pencil grasp are commonly seen, however difficulty in maintaining this grasp position may interfere with the speed and quality of a student's work.

Dynamic Tripod Grip



Hold the pencil between thumb and index finger pads, with the pencil resting on the middle finger fingers are approximately 1" away from the pencil tip ring and baby fingers curled loosely in the palm

Developing a Dynamic Tripod Grasp:

- Start with thicker pencils/markers, as they may be easier for small hands to grasp.
- Work with manipulatives such as beads, pegs, legos and encourage participation in fine motor activities to develop finger strength.
- Use stubs of pencils/chalk/crayons when colouring or drawing to naturally encourage the child to use their thumb, index and middle fingers.
- Use verbal and/or physical cues to help the student reposition the pencil correctly (e.g. Count 1, 2, 3 indicating the need to use 3 fingers to hold the pencil or place 3 small dots with a washable marker on the fingers where the pencil should rest)
- Use of a pencil grip can provide a comfortable, larger holding surface
- An OT can help determine if an adaptive aid is needed
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