

Pencil Grip

- Use small crayons and chalk to help develop a pincer grasp and proper grasp to hold writing instruments.
- Provide the child with broken crayons to improve his writing grasp. With full size crayons, pencils, and markers, they are utilizing a poor writing grasp. Until that writing grip improves, have them only use $\frac{1}{2}$ to $\frac{1}{3}$ size crayons or chalk. The small pieces only allow the child to use his first 3 fingers and will ultimately improve his control and his pencil grip. Additionally, when they are provided larger crayons, pencils, and markers, provide constant feedback and support to correct and encourage an improved pencil grip (tripod or quadruped are both functional). When not engaged in academic writing/coloring/drawing tasks, consider activities with small pieces (with close supervision by an adult) to support their pincer grasp strength and control, which impacts his writing grasp.

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- Use an adaptive grip such as “The Grotto Grip”.
- Build up the pencil with a squishy or soft grip for the child who holds the pencil too tightly.
- Try golf pencils, which are more user- friendly for little hands.
- Pencil grips may help grasp and ease fatigue.
- Make sure the pencil lead is sharp.
- The child may like to try different writing tools and grips to assist with holding his tool with an efficient grasp.