

Occupational Therapy Tip Sheet

DEVELOPING PENCIL GRASP



TYPICAL PENCIL GRASP DEVELOPMENT



Palmar



Pronated



Digital



4 Finger Radial



3 Finger Radial

Foam Grip



Crossover Grip



Claw Grip



Sakolla Grip



Grotto Grip



Start Right Grip



Pinch Grip



The Pencil Grip

HELPFUL TIPS:

- Keep your **hand resting** on the table.
- Keep your **fingertips on** the pencil.
- Keep the **pencil resting** back toward your hand, between the thumb and finger.
- Use **finger movement** to control the pencil, not wrist or arm movement.

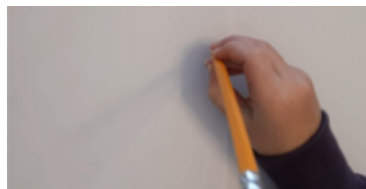
Try the *PINCH* and *FLIP*:

P
I
N
C
H



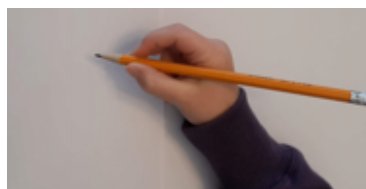
P
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A
N
D

F
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F
L
I
P

Using a pencil grip may help!