



What is a pencil grip?

- A pencil grip is a writing aid that fits onto a pencil to help improve finger positioning.
- It helps a child hold the pencil more securely and may improve pencil control.

What is a proper pencil grasp?

- There are many different ways to hold a pencil that are correct. It is important that some fingertips are in contact with the pencil and the hand rests on the desk. Fingers should be moving the pencil, not the wrist or arm.
- “Dynamic tripod grasp” is the most ideal grasp: the hand rests on the table with thumb, index and middle fingers flexed/bent at the knuckle to hold the pencil.

Why use a pencil grip?

- To help children develop a proper way to hold pencils
- To compensate for weak muscles or poor finger coordination

What are the benefits of using a pencil grip?

- It helps create new motor patterns for children, which may become their habit over time.
- It helps children learn to use small movements with their fingers to control the pencil.

How to use a pencil grip?

- Help children develop proper hand position with the side of their hand resting on the table (try having them practice at standing-height tables, on their knees on the floor and leaning forward or propped on their elbows while laying on their stomach).
- Hand weakness may contribute to a poor pencil grasp. Consider using activities such as beading, lacing, playdough moulding, pop-beading and Lego building to help build finger coordination and strength.

FOAM/GEL GRIP:

- This grip comes in many styles and may have ridges or bumps.
- It gives a target area to grasp and provides a cushion to reduce pressure.
- Note: it does not cue for exact finger positioning.

TRIANGLE GRIP:

- This grip is three-sided and provides a side for each finger: thumb, index and middle.
- Note: it does not cue for exact finger positioning.



CLAW GRIP:

- This grip provides three cups for each finger involved in writing: thumb, index and middle.

**SAKOLLA GRIP:**

- This grip provides two cups for the index finger and thumb as well as a loop to position the middle finger.

**GROTTO GRIP/CROSSOVER GRIP:**

- It has a guard in the front to prevent the thumb and fingers from wrapping over the pencil and a groove underneath for the middle finger.

**START RIGHT GRIP:**

- This grip is designed to keep the thumb web space open.
- It has a barrier to prevent the thumb and fingers from wrapping over the pencil.

**PINCH GRIP:**

- This grip has an indent for the thumb and index finger with a groove for the middle finger underneath.

**THE PENCIL GRIP:**

- This grip has a groove for each finger: thumb, index and middle.



- See also *Alternative Pencil Grips* document.