

Help with handwriting: pencil grips

Information for children,
parents, carers and
professionals



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What is this leaflet about?

This leaflet provides general advice about how to hold a pencil and what help is available for children who find this difficult.

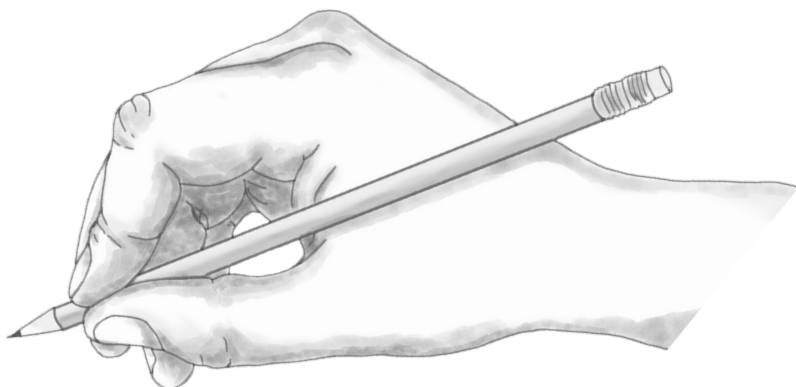
Holding a pencil

The way a child grips the pencil will affect the quality, speed and flow of the handwriting.

The pencil should be held with the middle finger resting underneath the pencil and the first finger and thumb on top – this is called a “tripod grasp” (pictured below).

The pencil should be held about one to three centimetres from the writing tip, so that there is control over its movement.

The grip should be relaxed, without pressing too hard on the pencil or on the page.



Ways to help

- Thicker pencils are easier to hold.
- Support aids known as pencil grips (pictured below) may help with finger positioning; your Occupational Therapist can provide more advice on this.
- A sticker or mark on the pencil will provide a reminder where to hold it.
- You may find our leaflet “Let me: sit ready for handwriting” useful.



Suppliers of pencil grips and children's pencils

Sometimes schools will have a supply of different pencil grips for children to use, so try asking the school special needs coordinator.

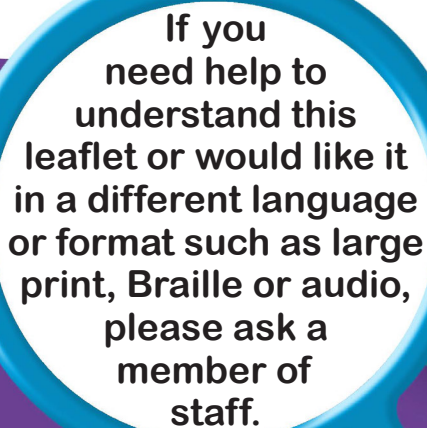
Left and right handed pencil grips are also available to buy. Here are some suggestions of suppliers, but this list is not exhaustive:

www.taskmasteronline.co.uk

www.specialdirect.com

Approximate price for triangular and ultra pencil grips is £5 - £12 for a pack of five or ten.

“Soft comfort grip” pencils can also be bought from high street shops.



**If you
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understand this
leaflet or would like it
in a different language
or format such as large
print, Braille or audio,
please ask a
member of
staff.**

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