

How to Hold a Pencil

Let's teach your child the right way to grip a pencil. Correct positioning of a pencil will ensure that both drawing and writing are easier, neater and more enjoyable activities. Do your best to teach children the right way as early as possible; it's a lot easier than unlearning the wrong way. Pencil grip is much harder to change after the age of 6.



Start with a short pencil. This is an occupational therapy trick that prevents you or a child from using more fingers than are needed for a correct grasp of the pencil. It's recommended that if you're teaching a child, always use a short pencil. Crayons are a great way to teach preschoolers how to hold a pencil. It is preferable to use crayons rather than markers with young children. You have to push a crayon harder than a marker. This strengthens muscles. Broken crayons provide excellent opportunities to use the tripod grasp.

Position the pencil accurately by using the "pinch and flip" method. Pinch the sharp end of the pencil.



Flip the pencil around. When it reaches the web space (the fold of skin between your thumb and index finger), allow the pencil end to rest there. You're now ready to try the tripod hold.

Tripod Hold

Use your thumb, index finger and middle finger for this hold. No other fingers hold the pencil. Imagine pinching these three digits together, but not overly tightly, with the pencil in between.



Place the thumb pad to one side of the pencil. This side is the one closest to your body.



Place the index finger on top of the pencil. The tip of this finger should just rest on top of the pencil. Along with the thumb, this finger holds the pencil in place.

