Pencil Grip Guide

Four small steps to help little fingers find a comfy grip. Be patient: grip develops in stages.

1

Pinch

Pinch the pencil tip between the thumb and pointer finger.

2

Rest

Rest the pencil on the middle finger, like a little bed.

3

Tuck

Tuck the ring and little fingers into the palm.

4

Wiggle

Move the pencil with small finger wiggles, not the whole arm.

Tips: use short crayons, work on paper taped to a wall, and keep sessions to five to ten minutes.

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