

Handwriting Grasp

The dynamic tripod grasp is considered an efficient way to hold the writing utensil for legibility and writing endurance. Inefficient or immature grasp can result in writer's cramp, improper letter formation, decreased writing speed or too much or too little pencil pressure on paper.

Things you can do at home to promote a tripod grasp:

1. **Demonstration:** if you observe your child picking up small object with the entire fist or four fingers and thumb, provide a demonstration of how to pick up the small objects using a pincer or tripod grasp.
2. **Vertical surface:** Let your child use a white board, chalk board, or easel to draw, paint or write
3. **Plastic bags:** ask your child to help pack lunches or snacks and help zip up the bag.
4. **Bubble wrap:** have your child pop the bubble wrap using the thumb, index and middle fingers.
5. **Stickers:** create a masterpiece by having them pull off and put on stickers.
6. **Games:** encourage games that utilize a pincer or tripod grasp such as small building blocks, marbles, windup toys, peg games, or games with small parts.
7. **Grips:** There are various pencil grips to use for your child so that they know where to place their thumb and fingers when writing. Pencil grips can help with poor fine motor skills by offering different ways to hold the pencil.
8. **Broken Crayons:** Broken crayons can actually help your child! Using a crayon encourages them to pinch the crayon between the thumb and index finger, which can help develop a more appropriate and mature grasp.
9. **Different Pencils:** There are various types of pencils and crayons that your child can use when developing an appropriate grasp. For example: Twistwrite pencil

