

# Occupational Therapy Tip Sheet

### **DEVELOPING PENCIL GRASP**



#### TYPICAL PENCIL GRASP DEVELOPMENT











Palmar

**Pronated** 

Digital

4 Finger Radial

3 Finger Radial



Foam Grip



**Claw Grip** 



**Grotto Grip** 

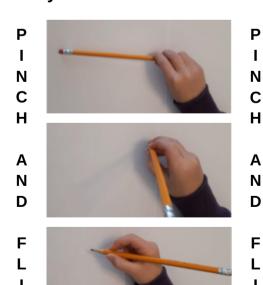


Pinch Grip

#### **HELPFUL TIPS:**

- Keep your **hand resting** on the table.
- Keep your **fingertips on** the pencil.
- Keep the **pencil resting** back toward your hand, between the thumb and finger.
- Use **finger movement** to control the pencil, not wrist or arm movement.

## Try the PINCH and FLIP:





**Crossover Grip** 



Sakolla Grip



Start Right Grip



The Pencil Grip

Using a pencil grip may help!

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