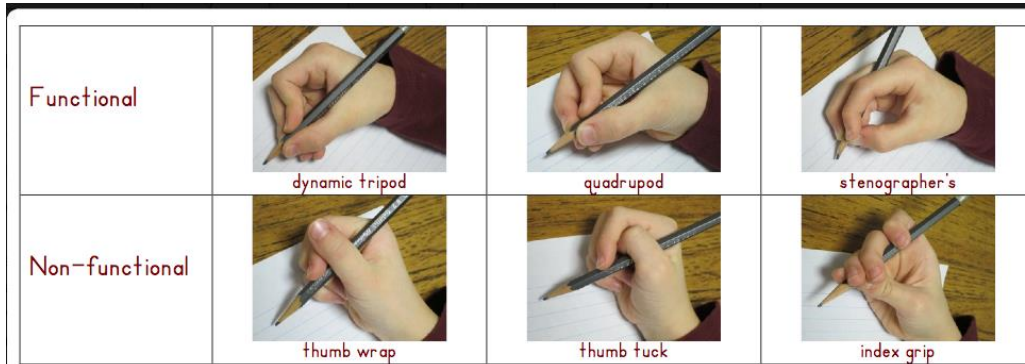


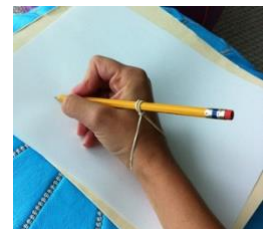
## Functional Pencil Grasp Patterns



<https://www.team4kids.com/grasp-grip-patterns-and-when-do-we-correct-them/>

### When it is a problem and how to help:

- Child complains of hand feeling tired
- Handwriting is hard to read
- Child uses too much or too little force when writing
- **Posture and seating** --Child should be in a good seated position. Feet should touch the ground.
- **Fingers splayed out** —Consider giving the child an extremely short pencil. Just sharpen the pencil and use pruning shears to cut it short.
- **Pencil pointing straight up in the air** — Try two rubber bands looped together. One loop is on the wrist, and the other is looped over the pencil to pull the eraser/pencil back.
- **Pressing too hard** — Practice soft/hard/just right drawing and coloring. Try using mechanical pencils as they require using lighter pressure so the tip does not break. Let child experiment with cardboard under the paper to see if student can avoid making holes in the paper.
- **Pressing too soft** — Try softer lead pencils. Use carbonless copies to see if marks go through to the yellow copy. Try to color small areas very dark with red or black pencils.
- **Awkward wrist position** —Try a slanted desk/slant board or vertical surface (wall or easel).



### Websites with activities and resources

- <https://www.ot-mom-learning-activities.com/pencil-grasp-development.html>
- <http://theanonymousot.com/2013/03/22/when-to-fix-a-pencil-grasp/>