

Pencil Grasp

Red Flags:

- Expresses hand is tired during writing, drawing, coloring tasks
- Difficulty holding writing utensil
- Challenges reading handwriting

Home activities

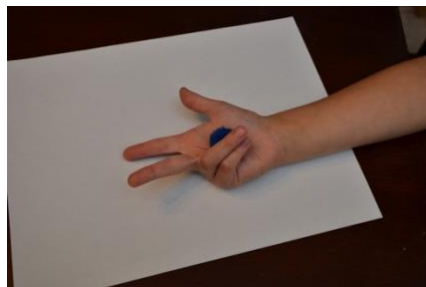
- Work the larger muscles of the body (back, shoulders, core) will help improve grasp
 - Lay on belly and work propped on forearms (prone)
 - Work on vertical surfaces such as easels
 - Wheel barrow, animal walks, and yoga poses
- Use broken crayons, chalk, or small golf pencils
 - Encourages using only fingertips and reduces ability to place whole hand around writing tool
- Have child hold pom pom in palm when writing or using tongs
 - Helps pinky and ring fingers to tuck into palm
- Add tongs or clothespins to board games
- Play with legos, peel stickers, string beads, picking up coins or marbles
 - *use pipe cleaners instead of strings with beads to make task easier

PRONE



Websites with free printables and ideas

- <https://www.toolstogrowot.com>
- <https://www.yourtherapysource.com/freestuff.html>
- <https://www.missjamieot.com>



OT Trick!

When a child uses too many fingers or an immature grasp when coloring,

use Crayon Rocks, Flip crayons, or tiny broken crayons to encourage a tripod grasp.

www.MissJaimeOT.com

