

## Pencil grip: older children



*Before your child begins to draw or write, it's important to ensure they have developed all the skills they need to use a pencil well. Larger muscles will develop before smaller, fine muscles. Children need a strong core and good posture, followed by stable shoulders and wrists, and then strong arms, hands and fingers.*

*Children progress through different stages of pencil grips in their early years. An effective pencil grip is important for writing neatly and at a good speed to keep up with their peers. It will also help reduce fatigue and any pain, allowing a child to write for longer.*

**For children in kinder (3-4 years) we aim to achieve a pencil grip that looks like this:**



This uses four fingers to hold the pencil and movement is made by the wrist, hand and fingers together.

Please note: if your child is already using a tripod pencil grip (pictured right), please continue to encourage this.

**For children at school (4-6 years) we hope to see a pencil grip that looks like this:**



This is a tripod grip, which uses three fingers (thumb, index and middle finger) to hold and control the pencil. Movement of the pencil predominantly comes from the fingers. This is the preferred pencil grip right through to adulthood.



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