

Pencil grip: younger 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.

Here are some activities to try before your child starts writing:

- Have regular tummy time to develop core strength
- Play push and pull games like tug of war or pushing a pram and shopping trolley to build shoulder and arm strength
- Draw on a chalk board or on the shower screen to make wrists stable and strong. Anything on a vertical surface is great!
- Sing finger songs like 'incy wincy spider' and play with finger puppets to help with finger movements
- Use the pincer grip (thumb and index finger) to thread beads or play with pegs to encourage the development of the 'snappy finger' grip for writing

For children aged 2-3 years we hope to see a pencil grip that looks like this:



The palm faces down and all the fingers hold onto the pencil. Movement mostly comes from the elbow as the fingers aren't developed enough yet.

Start by using larger writing tools, like crayons, thicker pencils or textas until their hands and fingers are stronger.

Please note: if your child is using a more advanced grip, then continue to encourage this.



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