



Early Years Pencil Grip Development

A GUIDE FOR PARENTS/ CARERS

It is important to allow your child to develop in a comfortable pencil grip in their own time. There is no need to force your child to hold a pencil in a certain way – their grip should naturally develop and progress as their muscles and posture strengthen and develop.

Palmar Grip

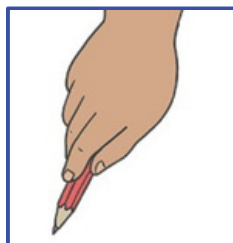
The pencil is held in the whole fist. Usually develops between the ages of one and two.



The elbow, wrist and fingers stay in a fixed position. Movement comes from the shoulder.

Digital Pronate Grip

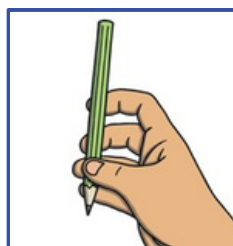
All fingers are holding the pencil and the palm is facing downwards. Usually develops between the ages of two and four.



The elbow and the wrist stay in a fixed position. Movement comes from the shoulder.

Splayed Four-Finger Grip

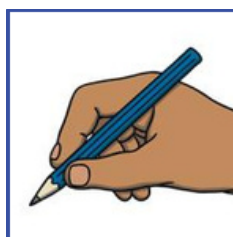
Looks similar to how adults would hold a dart, with four fingers opposite the thumb. Usually develops between the ages of two and four.



The hand is in the air, not resting on the table. Movement comes from the elbow and later the wrist. Fingertips and shoulders remain in a fixed position.

Static Tripod and Quadropod Grip

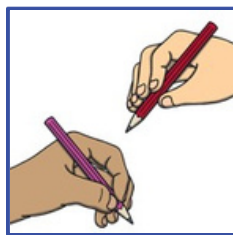
The pencil is held with the first three or four fingers. Usually develops between the ages of three and five.



Movement comes from the wrist. Fingertips, elbow and shoulder remain in a fixed position.

Dynamic Tripod Grip

The pencil is held lightly between the thumb and index finger and middle finger. The ring finger and little finger curl gently into the palm of the hand. Usually develops between before the age of seven.



The hand rests on the table. Movement comes from the fingertips. The wrist, elbow and shoulder remain in a fixed position.