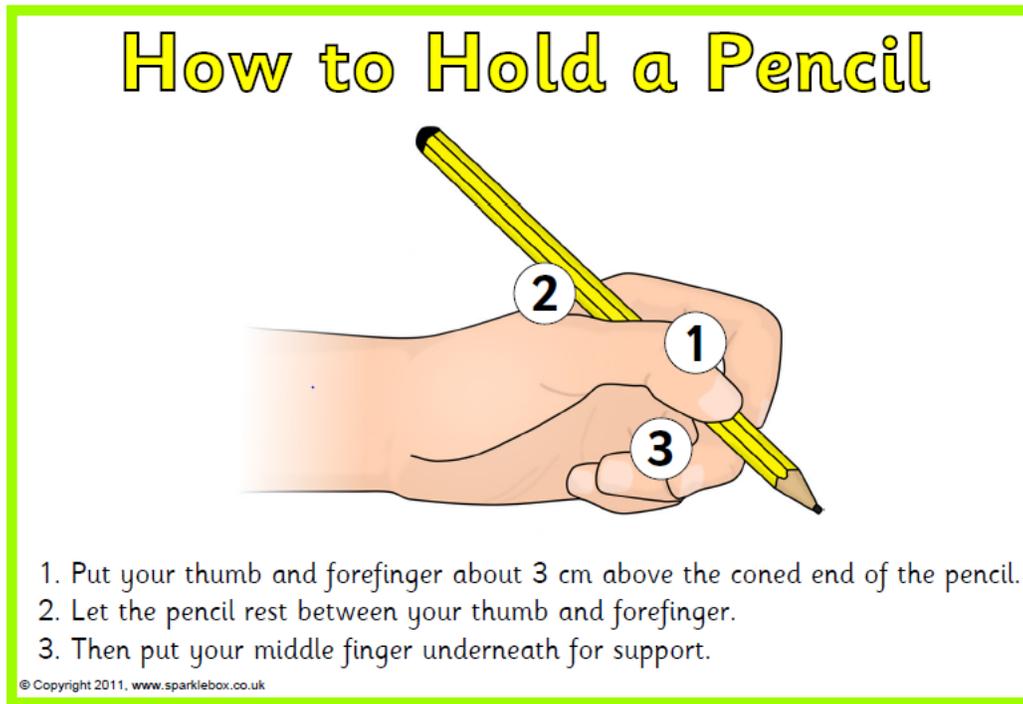


# LEARNING TO HOLD A PENCIL

by Ronel McAlpine (Occupational Therapist - De La Salle Holy Cross College)

Introduce your preschooler to the art of holding the pencil when they turn 4 or 5 years. If they learn to use a pencil correctly at home or at nursery school, starting formal schooling will be a lot more fun for them. Secondly, learning to hold writing tools correctly from the start, will prevent them from forming bad habits that are difficult to undo later.



PS THE CORRECT PENCIL GRIP FOR LEFT HANDED CHILDREN IS EXACTLY THE SAME

- Make it easier by giving them short and thick pencils, crayons and Koki pens to use
- Give ample opportunity to scribble on big pieces of paper, while they are practicing the correct grip
- Encourage lots of free drawing
- Tracing on thick lines and large pictures to color in can be introduced when they are more comfortable using the correct pencil grip

Support their grip development with lots of fine motor activities (see below).

## FINE MOTOR ACTIVITIES FOR LITTLE HANDS

*\*play with playdough \*use a rolling pin to roll playdough \*roll snakes with playdough using palms of hand \*roll playdough into tiny balls using only the finger tips \*use a spray bottle filled with water to spray plants \*cut a length of wool or string – get your child to string Cheerios or macaroni \*tear paper \*pick up objects with a washing peg*

*SHOULD YOUR CHILD HAVE DIFFUCULTY WITH THIS OR OTHER ASPECTS OF FINE MOTOR DEVELOPMENT,*

*PLEASE CONSULT AN OCCUPATIONAL THERAPIST*