

Pencil grip development

Developing your child's fine motor skills (the small muscles in your child's hands and fingers) will help your child become more independent in everyday activities such as dressing themselves. It is also essential for developing their muscles for writing.

Some ideas to help with fine motor development include:

- Playdough (pinching, poking, squeezing)
- Finger rhymes (1, 2, 3, 4, 5 Once I caught a fish alive)
- Push toys
- Baking
- Using clothes pegs
- Threading
- Using tweezers to pick things up

Building your children's arm and shoulder muscles is also really important for developing writing. You can help at home by making sure your child has the opportunity:

- to throw and catch balls
- swing
- climb trees
- cross monkey bars
- to do activities that strengthen the whole body as well as the arms such as swimming
- to do jobs around the house - sweeping, dusting, washing windows.

Below shows the different stages of how children develop their pencil grip. It is important to allow the children to develop a tripod grip in their own time. Their grip should develop as their muscles and posture strengthen and develop.

