



The Pencil Grip, Inc.™

The Tripod Grip

“Mastering the proper grip allows children to focus on the content of their writing instead of their pencil.”

Barriers to Writing

Writing is one of the most critical aspects of academic development. It impacts all levels of communication and the learning process.

Children who are learning to write with an improper grip are experiencing hand cramps, stressed muscles and sore fingers. Additionally, children may experience added barriers such as underdeveloped hand and arm muscles, sensory sensitivities, and fine motor delay.

Beyond the physical ramifications, writing with an improper grip can also interrupt cognitive flow. A child’s level of concentration and ability to generate content for the page can be halted or slowed.

The Pencil Grip was created to overcome these challenges.

With its ergonomic shape and gentle yet structured material, The Pencil Grip guides fingers into the “Tripod Grip” which is the most effective position. Learning to write with a foundation of the Tripod Grip reinforced by The Pencil Grip will ensure a lifetime of comfort and control.

Most importantly, mastering the proper grip allows children to focus on the content of their writing instead of their pencil.

The Tripod Grip



The ergonomic way to hold a pencil is the Tripod Grip. The Tripod Grip requires well developed fine motor abilities and practice. It feels awkward at first and can take time to develop, especially when another grasp has been established, but, The Pencil Grip makes the learning experience faster, easier, and more comfortable. In turn, this can make writing and drawing more enjoyable.

Positioning of the fingers and Hand

As shown in the illustration, the long finger, the thumb and the index finger form a tripod to hold the pencil. The fingers should be relaxed and stress free. Stress and discomfort can be seen in the form of “white knuckling” and cramped hands. Physical stress interferes with cognitive functioning which is necessary for control of directionality and muscle memory. Proper positioning and eliminating stress in the fingers are essential to developing the proper grip.

In addition, the thumb should line up straight with the forearm. This means the hand is moved by bending at the elbow, not the wrist.

Refer to the Chart of Correct and Incorrect Handwriting Positions for more detail and help identifying common problems.



Practice

Practice begins with the instruction of an informed parent or teacher, but should start before handwriting lessons begin and continue beyond. Teaching opportunities begin with utensils, crayons, markers, chalk, paint brushes and every writing instrument. Early teaching and frequent reinforcement are key. Mastering the proper grip allows children to focus on the content of their writing instead of their pencil.