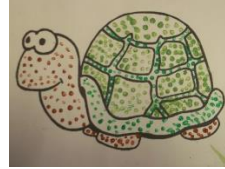


Fine Motor Skills and Pencil Grip

Strength and co-ordination in hands and fingers are essential to an effective and comfortable handwriting grip. Try some of these things to develop them:

- Using clothes pegs - how many can you put on a line or onto your own clothes in a minute?
- Dabellated painting - painting using cotton buds to make dots



- Sewing and threading - use lacing cards or thread beads, buttons or macaroni to make jewellery or decorations
- Modelling with Playdoh
- Using scissors - cutting straight lines, curves and zigzags
- Using tweezers to pick up and move small things like beads

It is important to develop the strength in the thumb, pointing finger and middle finger and train the ring and little fingers to remain still.

Try holding a small piece of paper between the palm and ring and little finger while doing any of the activities above.

Pencil grip develops through 4 main stages. The 'dynamic tripod grip' (4) is the one that is needed for well controlled handwriting.



If your child is having difficulty remembering where to hold the pencil, try wrapping a rubber band around the right place to support their grip. You can try triangular pens or pencils too.

Pre-handwriting shapes before writing letters, children should practise all of these shapes:

- Clockwise and anticlockwise circles
- Horizontal, vertical and diagonal lines

Practice these shapes in the air and written large with felt tips and paintbrushes.

Use the worksheets to practice with pencils or coloured pens.