

## For general enquiries please contact us by:

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**Office hours: Mon to Thurs 8:30am - 5:00pm, Fri 8:30am - 4:30pm**

Contact us if you would like this document in large print size 18 or 24 point font, in spoken word, printed or as a computer file.

**If you require help understanding this leaflet because it is in written English please telephone 0116 295 4743.**

এই ডকুমেন্ট'এর কোন বিষয় বুঝতে আপনার যদি সাহায্যের প্রয়োজন হয়, তাহলে অনুগ্রহ করে 0116 295 4743 নাম্বারে টেলিফোন করুন।

જો તમને આ દસ્તાવેજમાં આપેલ માહિતી સમજવા માટે મદદ જોઈતી હોય તો મહેરબાની કરીને **0116 2954743** પર ફોન કરો.

अगर आपको इस दस्तावेज़ में शामिल जानकारी समझने में सहायता चाहिए तो कृपया 0116 295 4743 पर फ़ोन कीजिए।

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਵਿਸ਼ਾ ਵਸਤੂ ਸਮਝਣ ਲਈ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ **0116 295 4743**

Hadii aad u baahantahay in lagaa caawiyo fahmida qoraalka ku qoran documintigaan fadlan nagala soo xiriir telefoonkaan 01162954743.

Jeśli potrzebujesz pomocy w zrozumieniu treści tego dokumentu prosimy o telefon pod numer 0116 2954743.

اگر اس تحریر کے سمجھنے میں آپ کو مدد کی ضرورت ہو تو مہربانی کر کے **0116 2954743** پر ٹیلیفون کریں۔

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## Help with handwriting: pencil grips



**Children's Occupational Therapy  
Service information for children,  
parents, carers and professionals**



Think again.  
**Change.**

## What is this leaflet about?

This leaflet provides general advice about how to hold a pencil and what help is available for children who find this difficult.

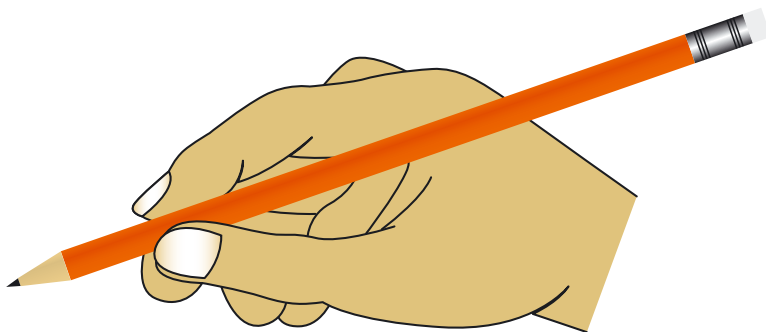
## Holding a pencil

The way a child grips the pencil will affect the quality, speed and flow of the handwriting.

The pencil should be held with the middle finger resting underneath the pencil and the first finger and thumb on top – this is called a “tripod grasp” (pictured below).

The pencil should be held about one to three centimetres from the writing tip, so that there is control over its movement.

The grip should be relaxed, without pressing too hard on the pencil or on the page.



## Ways to help

- Thicker pencils are easier to hold.
- Support aids known as pencil grips (pictured below) may help with finger positioning; your Occupational Therapist can provide more advice on this.
- A sticker or mark on the pencil will provide a reminder where to hold it.
- You may find our leaflet “Let me: sit ready for handwriting” useful.



Triangular Grip



Ultra Grip

## Suppliers of pencil grips and children's pencils

Sometimes schools will have a supply of different pencil grips for children to use, so try asking the school special needs co-ordinator. Left and right handed pencil grips are also available to buy. Here are some suggestions of suppliers, but this list is not exhaustive:

[www.taskmasteronline.co.uk](http://www.taskmasteronline.co.uk)

[www.specialdirect.com](http://www.specialdirect.com)

Approximate price for triangular and ultra pencil grips is £5 - £12 for a pack of five or ten.

“Soft comfort grip” pencils can also be bought from high street shops.