

Celebrating Our Classroom Community



Dear Families,

Did you know the muscles in your child’s hands, wrists and fingers are still learning how to work together? Your child probably holds their pencil or crayon in what is referred to as a “modified tripod grasp” or a “5-finger pencil grasp.” This means that their wrist and hand controls most of the movement. They are working towards the “tripod pencil grip” which is often considered the “proper” pencil grip where the thumb, middle and index fingers grasp the pencil. This type of grip usually develops around ages 5-6.

In the meantime, here are some ways you can help strengthen your child’s fingers, hands and wrists to get them ready for the “tripod pencil grip.”

- » Give them lots of opportunities to get their hands and fingers working together to improve hand strength and dexterity. Have them cut with scissors, squish playdough, and twist nuts onto bolts.
- » Give them lots of opportunities to get both hands working together in a coordinated way (known as bilateral coordination). Have them hold paper while cutting it, tie shoelaces, button their doll’s coats, and zip their own coats.
- » Give them lots of opportunities to get feedback from their fingers (known as tactile perception). Invite them to explore objects that feel fuzzy, bumpy, soft, smooth, etc. Additionally, limit screen time as children do not get the finger feedback they need on a touch screen.

