

# Tripod Grasp

Encouraging the development of pencil grasp



**Fisted Grasp**

(1-1.5 years)



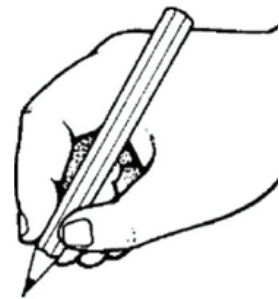
**Digital Pronate Grasp**

(2-3 years)



**Quadropod Grasp**

(3 ½ - 4 years)



**Tripod Grasp**

(4+ years)

*Erhardt Developmental Prehension Assessment*

- Strengthen your child's hand muscles by giving him or her opportunities to play and manipulate with small objects (e.g. play doh, beading, lego)
- Use short and thick pencils or markers with your child first. You can also try using broken chalk or broken crayons as this naturally supports the use of a more mature grasp.
- Use upright (or "vertical") work surfaces to promote appropriate wrist positioning (known as "wrist extension"). Try using an easel, chalkboard or paper taped on the wall or fridge with your child.
- Wrap an elastic band, piece of coloured tape or sticker around the base of the marker and cue your child to put her fingers on the elastic (to develop a fingers down approach to holding the marker).
- You can also cue your child with hand-over-hand assistance.
- Additionally, allow your child to colour, paint, or draw on the floor while he or she is lying on his or her tummy to further promote a good wrist position. Writing and drawing does not always have to be done sitting at a chair and table!
- Use verbal cues such as 'crocodile fingers' to help your child learn how to 'chomp' their thumb and index finger onto a marker or pencil.
- Consider having the child hold a jewel or cotton ball in the palm of their hand while they colour. This will keep the thumb and pointer finger open for 'chomping' onto the marker, and the other, less involved fingers closed.