Progression of Grips

**Palmer supinate grip**

Most children start mark making by using

the palm grip. The implement is held in

the palm of the hand and the fingers curl

around it to hold it in place.

The movement is mainly controlled

through the shoulder and wrist joints

(gross motor) and children will typically

make vertical, horizontal and round

marks.

**Digital pronate grasp**

The next grip is often the digital

pronate grasp, although not all children

use this. The mark making implement in

controlled by one digit, usually the

index finger, and held in place by the

thumb. To use this grasp the child

needs to pivot from the wrist to get to

the paper. Movement is limited and

mark making is similar to that of the

palm grip.

**Static tripod grip**

The next stage is often the static

tripod grip which is usually favoured

by boys. The pencil is pushed right to

the end of the fingers.

The movement is controlled by the

little finger and clamped in place by

the thumb although all the digits are

in contact with the pencil. With this

grip it is difficult for the child to

see the marks they are making which

hinders correct letter formation.

**Triangulation grip**

The triangulation grip is where the

pencil is held between the

forefinger and the thumb and

supported from behind by the

middle finger. Ideally only these

three digits control the movement

of the pencil. The movement (fine

motor) is controlled by the joints of

the fingers and thumb and allows

for maximum range of movement

and flexibility. This is the grip to aim for.