



# Help Me Hold Crayons & Pencils

## Help Me Choose My Writing Hand

Some children switch hands when they color or draw. That's fine until it's time to learn to write. Children need to settle on one hand as their writing hand. If a child is truly undecided, choose the right hand. But if a child prefers the left and holds a crayon or pencil better with the left, choose the left hand. The curriculum we're using works equally well for right- and left-handed children.

## Help Me Hold a Crayon

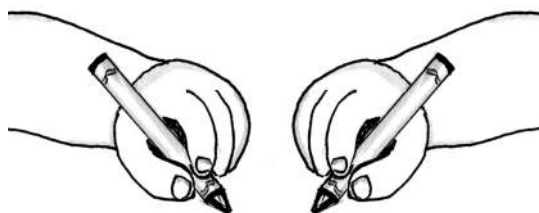
Fat crayons are big and heavy for little hands. Trying to hold them can lead to awkward, fisted grips. We recommend giving children little broken pieces of crayons at first. They'll hold the little pieces with their fingertips. Little pieces will naturally develop finger strength and the correct grip. Show children how to hold regular crayons and pencils, too.

**There are two correct grips:**

### **Tripod – 3 fingers**

Thumb and pointer pinch.

Crayon or pencil rests on tall finger.



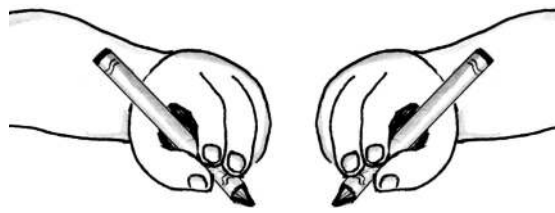
Left Tripod

Right Tripod

### **Quadropod – 4 fingers**

Thumb and pointer/tall finger pinch.

Crayon or pencil rests on ring finger.



Left Quadropod

Right Quadropod

## Help Me Hold a Pencil

1. Pick up a pencil and drop it! No writing! Help children pick up the pencil and place their fingers. Then, drop it again! Do 3–5 pencil pick-ups a day. When a child automatically holds the pencil correctly, go to step 2.
2. Aim and scribble. No writing—just scribbling to learn how to move the fingers/pencil with ease. Make 3 dots on paper for children. Have children pick up the pencil and get in good writing posture. (Rest the pencil hand on the paper. Hold the paper with the helper hand). Now have children aim for a dot and scribble on the dot. Drop the pencil. Repeat.
3. Now help children write their names with a pencil. Teach NAME with capitals first. Then, teach children to write Name in title case, with a beginning capital and lowercase letters.