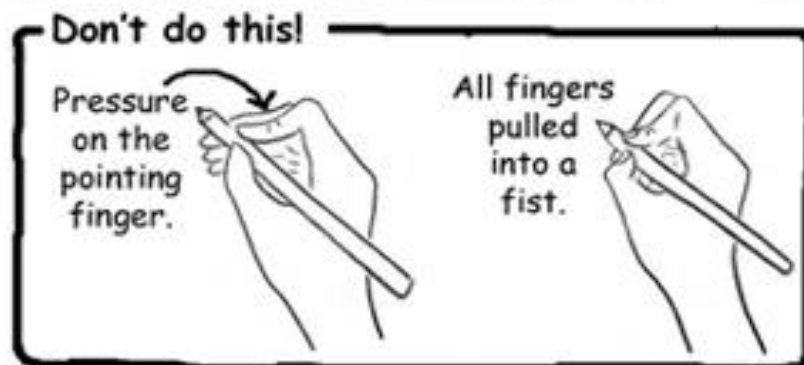
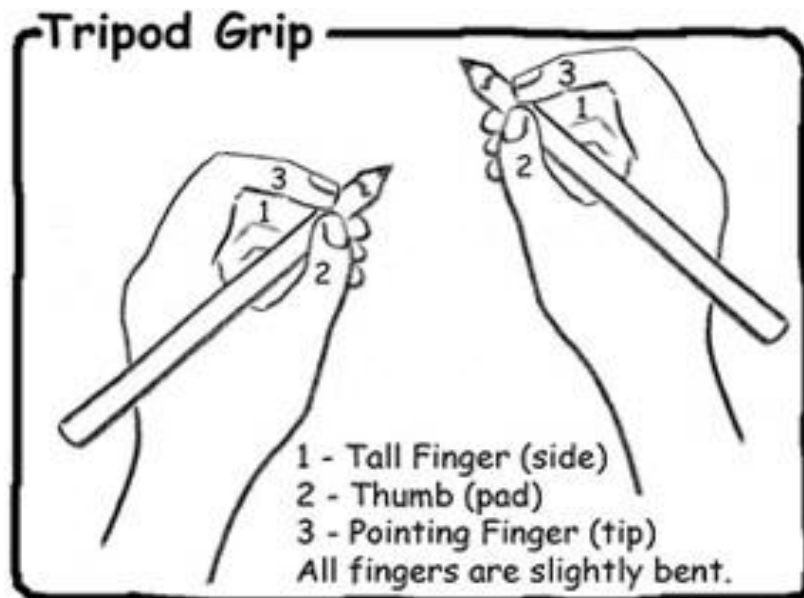


The pencil should be positioned so that there is equal pressure between the thumb, the side of the middle finger and the tip of the index finger. All fingers are bent slightly. Children must not grip the pencil too tightly.



The 'Tripod' Grip

- It has been scientifically proven that the tripod pencil grip is the most efficient.
- It requires less energy and allows the greatest amount of movement and precision.
- The tripod grip allows a person to write more quickly and easily, while a tight or awkward grip can slow writing.
- The tripod grip avoids discomfort and physical problems to the hand and wrist.
- It improves handwriting and fluidity of writing.
- Changing to a tripod grip feels awkward to many children, since it requires changing established habits.