

936 West Michigan Avenue  
 Jacksonville, Illinois 62650  
 Phone: 217/245-7174  
 Fax: 217/245-5533  
 www.frased.org



Four Rivers  
 Special Education District

Student: \_\_\_\_\_ School/Teacher: \_\_\_\_\_ Grade: \_\_\_\_ Data Date Range: \_\_\_\_\_

**Directions: Choose at least one intervention in the area of difficulty. Implement a minimum of 3 times per week for 4 weeks. Put a “+” if the trial made a positive impact in the classroom. Put a “-” if there was no change in the classroom.**

**Email [OTTherapy@frased.org](mailto:OTTherapy@frased.org) for any further questions.**

<b>Strategies for GRASP</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Development of Grasp patterns include Pincer, Palmar Supinate (fist), Digital pronate (inverted thumb/index to paper), Quadropod, Static Tripod, Dynamic Tripod												
Offer use of pencil grip. NOTE what type used: _____												
Use a wider, thicker pencil or Use a small pencil, half a pencil or golf size pencil												
Mark off the area on the pencil where the student should hold it with rubber band, dots, stickers, or colored tape												
Working with other tools (ie tweezers, eye dropper)												
Slanted surface through slant board or 3” 3-ring binder turned landscape <b>or</b> lying prone (on belly) to practice writing												
To facilitate the student holding the pencil with thumb, index and middle finger, have them hold a small item in ring/pinky fingers												

It should be noted that changing grasp has not been shown to have an effect on legibility or speed in any study done on handwriting. However, it may improve pain or fatigue experienced by the child, especially as demands increase as they age.

Young children (2-5) will progress through multiple grasps as part of typical writing development. If a child is using a grasp that looks “off,” double check their age and see if it matches up. Know the difference between an immature vs an inefficient pencil grasp! For older children it is also beneficial to review this information as there are some grasp patterns that are considered mature and efficient that are less common than a dynamic tripod grasp. **Consult OT if you are not sure if a grasp is appropriate.**

The most important takeaway is don’t get hung up on grasp! There are many other components of handwriting and many children are quite resistant to changing their grasps, and the older they are, the harder it will be. Think of what you would do if someone asked YOU to change the way you hold your pencil at this point!