

# Tripod grasp

## Using thumb and 2 fingers for writing

### Tripod grasp

Tripod grasp is using 3 fingers (thumb, index, middle) at the same time to hold items such as a crayon or pencil. Your child will begin to learn the tripod grasp around 3 to 4 years of age.

### Helping child learn tripod grasp

#### Tripod grasp

Begin by positioning the tool (pencil or crayon) between your child's thumb and index finger in the tripod grasp.

Ways to help:

- Place a sticker at base of writing tool. This shows child where they can hold it.
- Use short or broken crayons, not big ones.
- Have your child hold a small item (such as a small ball) in their palm using their ring and pinky fingers.



#### Keep ball in palm while practicing



#### Check with school or OT about pencil grips

### Activities to develop tripod grasp

Playdough:



- Pinching or rolling
- Cutting or squeezing

#### Using playdough

Play games with:



- Tongs or clothespins
- Chip clips or pegs

#### Using clothespins and clips

String:



- Cereal or pasta
- Beads

#### Using beads on a string

### Rehabilitation Services

682-885-4063

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.