

OCCUPATIONAL THERAPY TREATMENT PROGRAMME

Ideas to Develop a Tripod Grasp

This means that the pencil is held between the tips of the thumb, index and middle fingers; the pencil is held in a relaxed way without too much pressure; the pencil rests on the hand between the thumb and the index finger (webspace); the webspace gap is open; the ring and little fingers are held away from the pencil.

- **Pegs** (place clothes pegs around the rim of a container)
- **Threading Beads**
- **Picking up Cards**
- **Popping Bubble Wrap**
- **Posting** (coins into a box with a slot in the lid)
- **Use Pipettes / Medicine Droppers** (fill with water or paint and drop onto paper or transfer from one container to another)
- **Use Short Crayons** (very short crayons can't be held with a whole hand grasp)
- **Use a Soft Pencil Grip** (to help position their fingers around the pencil)