

# Handwriting Practice And Pencil Grips

By: Sandy Naidu

A Good pencil grip is one of the first steps to developing good handwriting skills. As a parent you can help your child to develop good pencil grip. Correct pencil grip will allow your child to write quickly and smoothly, while a tight or incorrect grip can hinder writing.

The Tripod Pencil Grasp: This pencil grip is the one that is most recommended by schools. 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. When a pencil is held correctly, the thumb and forefinger form an oval when a child holds the pencil. Tension in the hand or fingers indicates weak fine motor skills.

You can improve your child's fine motor skills through various writing activities or through other fun activities which involve movement of fingers (like playing with play dough).

"We all know alphabets, so why not we just write the alphabets on a sheet of paper and get our children to practice their handwriting?"

If you are thinking like that then you are not alone. However I am sorry to say that it is the wrong approach. We need to practice the alphabets as per the method approved by the education board.

Good handwriting worksheets have numbers and arrows on each alphabet. Good handwriting worksheets have to take a step by step approach. '1' is where you start from - so the child starts at '1' and goes along the direction of the arrow. And then the child goes to '2' and moves along the direction of the arrow next to '2'. And then finally the child goes to '3' and moves along the direction of the arrow next to '3'.

One of the other benefits of getting children to practice their handwriting on formal handwriting sheets is that the letters are in between the lines. This way you are teaching them about proportion of the lines. Practice is the best way to improve a child's writing.

Fine Motor Skills is the ability to control small precise movements with the fingers, wrists and hands. Its important to practice the fine motor skills for young children. These skills play an important role in a child's handwriting.

Good posture is important and plays a key role in handwriting skills. Bad posture creates stress on young spines. A lowered chin means your neck muscles are carrying the weight and the strain will flow right down the neck and down the back. So don't let your kids slouch.

We have all heard 'handwriting analysis' before. 'Graphology' is the analysis of handwriting particularly in relation human mind. People who have the skills to analyze handwriting determine a person's character by analyzing their handwriting.

Don't underestimate the importance of good handwriting skills. The best age to teach good handwriting skills to your children is between 3 and 10. However don't make it a boring ritual. Practicing handwriting is hard work and can be quite boring for kids. Try to make it a fun exercise. Don't be too hard on them and go slow.

## About The Author:

Sandy Naidu runs the website - <http://www.handwritingebooks.com/> On this site she sells uppercase and lowercase handwriting worksheets. All the alphabets used on these handwriting sheets are approved by education software cooperative. <http://www.handwritingebooks.com> has numerous writing exercises.

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