

Why it is Important to Hold Your Pencil the Correct Way



When you hold the pencil the correct way, it acts as an extension of the index finger. This is important, because there are more cells in the brain dedicated to the control of this finger than any other. You could say that this is the smartest finger.

Many people guide the pencil with their middle finger. You can tell this is happening when the middle finger is the closest to the point.



This finger is the strongest, so it often has to take over when the index finger is not strong enough to do the job, or the person is under stress and tightly clenching the pencil. Unfortunately, the control is not as good, and the hand fatigues more quickly this way.



So the best control will come when the smart finger is the closest to the point, and the pencil rests on the strongest finger.

Also watch out that your thumb acts as if it is pinching the pencil and not wrapping around it.

That way it will not interfere with the movement of the index finger. It may take some practice to get used to, but it will be worth it.



We hope you find this information beneficial to you. If you would like to schedule an appointment for an exam or free vision screening, please give us a call.

The College of Optometrists in Vision Development is the international certifying body for doctors in the field of behavioral optometry, which includes developmental and rehabilitative optometry.