



# Developing Pincer Grasp

## What is it?

The pincer grasp is when small items are held between the tip of the thumb and tip of the index finger. This grip is really good for picking up small things, e.g., raisins, counters, beads. Overall, pincer grasp patterns develop in infancy, but strength, dexterity and precision will continue to develop.

## How you can help:

- **Demonstrate** to your child how to form a pincer grasp and encourage your child to use fingers individually or in pairs during play
- **Offer** your child plenty of everyday opportunities to handle small objects (if safe and appropriate) to practice isolating fingers for play.
- **Prepare** the child's sensory system prior to fine motor activity by providing deep pressure and touch input e.g. push hands together or clapping games play with play dough or messy play activity.

## Activities to encourage a pincer grasp:

- Pop bubble wrap
- Place small pegs into a peg board
- Placing plastic coins in a money box
- Picking up chocolate buttons/ raisins/ peas off the table (finger foods feeding, cut food into small chunks, blueberries etc)
- Small peg handled inset puzzles
- Opening & closing clothes pegs
- Use tongs/tweezers to pick up small objects and place them in a container
- Threading beads
- Peeling stickers

## Everyday activities using a pincer grasp:

- Pull zips on pencil cases, bags or clothes.
- Squeeze toothpaste onto a toothbrush
- Peel an orange or mandarin.
- Open pop- top drink bottles and lunch boxes.
- Open yoghurt containers, biscuits, crisp or lolly packets.