

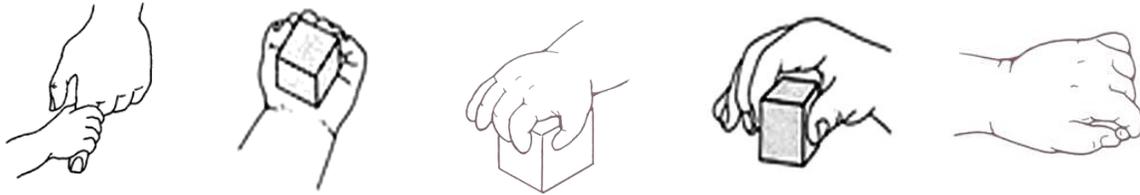
## PINCER GRASP

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### What is it?

Pincer grasp is a child's ability to pick up and hold objects between their thumb and index finger pads. As the child develops, a pincer grasp allows them to complete tasks such as holding a pencil, fastening zippers, and using utensils.

### General Development of Pincer Grasp



Grasping Reflex → Palmar Grasp → Radial Palmar Grasp → Radial Digital Grasp → Pincer Grasp

### How can I help the child?

Daily exposure to a variety of activities will assist the child in developing and refining their pincer grasp. These activities can be incorporated into their daily routine or they can be used as fun activities. Keep activities short (5-10 minutes) to avoid frustration and allow the child to feel successful.

### Activities

The following are activity suggestions to assist your child in developing their pincer grasp.

- Have the child practice picking up small objects with the pads of their index finger and thumb. Encourage the child to form their fingers into a “beak” and pretend they are a bird picking up “seeds”.
- Wind-up toys
- Spinning tops
- Marble tug of war: Have the child pick up and hold a marble with the pads of their index finger and thumb and then hold the marble with these fingers. Another individual will attempt to tug the marble out of the child's fingers using the same finger position.

- Playdough or Putty Activities:
    - Pull objects out of putty, such as beads, marbles, pegs or coins
    - Pull off small pieces of putty and roll it into a ball between the pads of the thumb and index finger
    - Squeeze small balls of putty between pads of the thumb and index finger to flatten
  
  - Closing ziplock bags: encourage the child to use their finger pads to press and seal.
  
  - Stretch rubber bands with fingers.
  
  - Pick out small objects like pegs, beads, or coins from a tray/box of rice, sand, or beans. Encourage the child to use the pads of their index finger and thumb to retrieve items.
  
  - Peel stickers and place them on another surface.
  
  - Rip and crumple small pieces of tissue paper and glue onto a piece of paper, paper plate etc. to make a picture (ie a flower).
  
  - String beads, lace cards, or sewing
  
  - Pick up and place objects into a small slot; for example, put pennies into a piggy bank.
  
  - Use 'Rookie Sticks', 'Strawberry Hullers', or candy tongs to pick up objects and place them in a dish. Grade the activity by beginning with large and soft items and move to smaller and harder objects. Eventually the child may be able to use tweezers to pick up smaller and flat objects.
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- Board Games: encourage the use of pads of thumb and index fingers to pick up game pieces or to squeeze tongs. For example:
  - Connect Four
  - Peg Board
  - Light Bright
  - Operation
  - Lego
  
- OK sign. Have the child form an OK sign with their index fingers and thumb, while an individual places two fingers in the hole created and tries to pull the fingers apart.