

## PINCH GRASP

---

### What is pinch grasp?

Pinch (or pincer) grasp allows us to pick up and hold objects between our thumb and index finger. We use a pinch grasp when we pick up small objects, eat with our fingers, and fasten zippers.



We know that skills improve

- When kids are having fun
- With practice and opportunities to explore

### Things to try

During these activities, encourage your child to use the pads of their pointer finger and thumb. Correct their position if they start to use the side of their finger. Don't worry about which hand they use.

- Wind-up toys
- Spinning tops
- Finger Tug-o-war with a marble, dice or Popsicle stick: Have the child pick up and hold the object while another person does the same. Try to pull it from each other's grasp.
- Playdough or Putty Activities:
  - Pull hidden beads, marbles, pegs or coins out of a ball of playdough.
  - Pull off small pieces of putty and roll it into a ball.
  - Squeeze these small balls of putty to flatten.

- Use Ziploc® bags for snacks or craft materials: Beginners can use Ziploc® Slider bags with a built-in tab.
- Hide and retrieve small objects like pegs, beads, or coins from a tray/box of rice, sand, or beans.
- Peel stickers and place them on another surface.
- Rip small pieces of tissue paper. Crumple into a small ball, twist into a bow or fold over the end of a pencil before gluing onto a piece of paper or paper plate.
- String beads, lace cards, or do a sewing project.
- Pick up and place coins into a piggy bank.
- Use 'Rookie Sticks', 'Strawberry Hullers', or candy tongs to pick up and place objects. Start with large, soft items and move to smaller and harder objects.
- Clothespin games
- Squeeze small squirt toys, eye droppers, basters or small pieces of sponge at bath time or in craft activities.
- Squeeze and pop bubble wrap.
- Craft or baking activities that involve squeezing bottles (fabric paint or food colouring) or placing small objects like raisins, berries, beads or sequins.
- Board Games that use tokens, pegs or tongs.
  - Connect Four
  - Light Bright
  - Operation
- Learn how to blow bubbles with your hand and some soap. Practice with your child.



**These are general suggestions that may or may not be appropriate for your child's age and stage.**

If you have questions and are waiting for Occupational Therapy service, consider booking a Consultation Clinic appointment.