Pincer Grasp

INTRODUCTION
Having an effective pincer grasp (being able to use the thumb and forefinger together) is essential in developing various fine motor skills such as dressing, eating with cutlery, handwriting, cutting and more. The following activities can help improve your child’s pincer grasp.

- Tear up coloured paper for pasting, paper-mache or collage activities
- Squeeze clothes pegs to remove them from the rim of a peg basket (or ice-cream container).
- Hang out doll’s clothes or dressing up clothes on a clotheshorse. Use tweezers to pick up small beads, smarties or toys and put them into a container.
- Peel off stickers and stick to card or paper.
- Threading activities such as beads or lacing cards.
- Scribble or colour over coins, templates or other textured surfaces
- Play with wind-up toys.
- Duplo, Lego and other construction toys.
- Squirt a water pistol at a target.
- Use tweezers to pick up small beads, smarties or toys and put them into a container.
- Play with wind-up toys.
- Art activities that require colouring or scribbling with crayons or pencils for long periods. For example, trace around your child’s body on a large piece of paper and get her to draw and colour in all her features and clothing.
- Use sticky tape for art and craft projects.
- Draw with chalk on a blackboard or on concrete.
- Deal out the cards when playing card games such as Uno, Fish, Snap or Solitaire.
- Tie up a balloon.
- Make a loom band bracelet or Hama bead coaster

Everyday activities

- Do up buttons on pyjamas and clothing.
- Do up zips on pencil cases, bags or clothes.
- Squeeze toothpaste onto a toothbrush.
- Peel an orange or mandarin.
- Open up pop-top drink bottles and lunch boxes.
- Open yoghurt containers, biscuits, crisp or lolly packets.
- Writing is a good strengthening activity, however, get your child to stop when his/her hand is tired. Gradually build up the length of time he writes. School home-work can be a good time for practicing writing. Write birthday cards, shopping lists, lists of favourite movies or sportspeople, or make a football ladder.