

Pincer Grip

The pincer grip is a developmental milestone that is normally formed using the thumb and the index finger; enabling a person to pick up small objects. It usually develops in children between the ages of 10 and 13 months.



Flat hand grip



Four fingered grip



Mature pincer grip

NB When completing pincer grip activities, **please ensure fingertips** are used to aid hand strengthening. If the tip is hyper extended this encourages mobility of the joint and muscle.



Activity Ideas

- Tongs, tweezers, connected chop sticks: use these to pick up small objects for sorting, such as beads, marbles, beans, pompoms and cotton balls.
- Place coins or bingo chips in narrow slots; a piggy bank is perfect, Connect Four game.
- Spinning tops.
- Pick-up sticks, Jenga, Don't Spill the Beans, wind up toys.
- Pegboard activities, Lite Brite.
- Tiddly winks games, Ants in the Pants.
- Tong games: Operation, Crocodile Dentist, Bedbugs.
- Zip bags: encourage using fingertips to press and seal.
- Buttoning, snapping pop beads.
- Stringing beads.
- Peel stamps and stickers.
- Crumple small bits of tissue paper using fingertips, dip in glue and paste onto a paper plate or paper to make a flower bouquet.
- Tear small pieces of paper with finger tips and paste them onto a sheet of paper to make a picture.
- Dress up dolls: requires a surprising amount of hand strength and endurance.

