

HANDS ON!!!!

Developing a Pincer Grasp:

- provide many opportunities for child to pick-up small or thin objects, for example: shoestrings, yarn, strings on pull toys, straws, and small blocks.
- do activities that improve whole grasp strength, these include crumpling up tissue paper into balls, squeezing small sponges in water, playing with play dough or modeling clay, screwing on/off plastic lids from jars (start with lid loosened then progressively tighten to make it more challenging), using play hammer/nails to pound, use dish towel to play tug-of-war.
- do activities that promote isolated finger movement. Use pointer finger to: pop bubble wrap, finger paint (with non-toxic paint, or pudding), push small car for play, put salt in cookie sheet and have child use fingers to “draw”