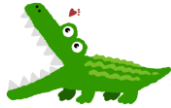


Pincer grip activity ideas

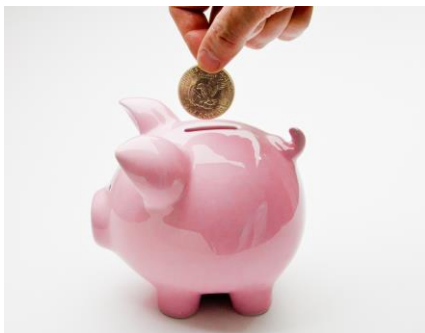
The **pincer grip** is a grip between the thumb and index fingertips. The activities below can be used to practice, refine, and strengthen this grip. Pick one or two of the activities to carry out for 5 to 10 minutes at least 4 times a week, but preferably every day.



Tip: Sometimes using a prompt like “crocodile fingers” can act as a fun reminder.

Activities:

- ❖ Practice opening and closing clothes pegs. Ask your child to pin all of the pegs onto his sleeve. Do right hand to left sleeve, and left hand to right sleeve. When he gets used to this, get him to do it quickly. Alternatively pin them onto the edge of a container, washing line etc.
- ❖ Connect the clothes pegs together end to end to make a long line.
- ❖ Sort out coloured beads or small pieces of Lego by colour or shape.
- ❖ Make playdough dinosaurs; roll playdough into a sausage then use thumb and forefinger to make spikes on its back.
- ❖ Get your child to pick up raisins/nuts/cereals using his thumb and forefinger, putting them into and out of a small bowl. Try hiding them in small containers like egg boxes.
- ❖ Threading beads can be both enjoyable and good for the pincer grip.
- ❖ If your child has a money box get him to sort out the coins and post them back into the money box one by one.



- ❖ Any puzzles or games with small knobs or peg boards are good to practice this kind of grip.
- ❖ Using large tweezers to pick up small items.
- ❖ Reading and turning pages.

