

Fine motor skills: Inferior pincer grasp

Pincer grasp

Pincer grasp is using the index finger and thumb to hold an item.



Example of child using pincer grasp

Helping my child

- Seat your child in a high chair for good support. This makes it easy to focus on hand skills.
- Put a few pieces of food on the tray. Make sure it is something your child is safely eating now, like a puff or Cheerio™.
- Work on the pincer grasp activities with foods at meals and snacks.



Example of activity

Stay with your child:

- For safety reasons.
- To help your child.
- To reduce frustration.



Helping child use the pincer grasp

When skills progress, have your child take out small food pieces from an ice cube tray.



Placing food for child to pick up

Rehabilitation Services

682-885-4063

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.