

Pincer Grasp Practice

FINE MOTOR | Ages 6-12 months | 15 minutes

About This Activity

Develop fine motor precision by picking up small foods with thumb and forefinger.

Materials Needed

- baby puffs
- soft foods
- high chair

Step-by-Step Instructions

Once baby is eating solids, offer small, soft foods: puffs, small pieces of banana, cooked peas, soft cereal pieces. Place them on high chair tray. Encourage baby to pick them up with thumb and forefinger (not whole hand). This develops the pincer grasp crucial for writing later. Always supervise eating.

Developmental Benefits

FINE MOTOR, COGNITIVE