



My First Pincer Grasp

Use a small dissolvable baby puff to demonstrate a pincer grasp. Repeated, motivated attempts help your baby refine how the thumb and index finger work together.

Helps Your Child Grow



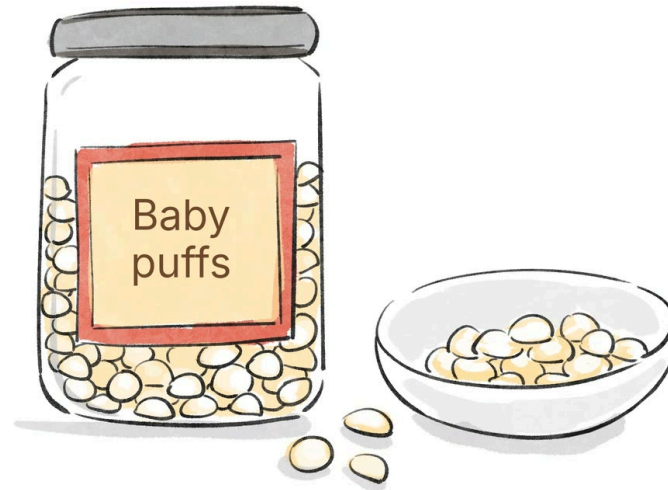
Fine Motor

Watching you and trying again helps your baby adjust their grasp for the task. Picking up a small dissolvable food gives the fingers practice forming a precise pincer grasp.



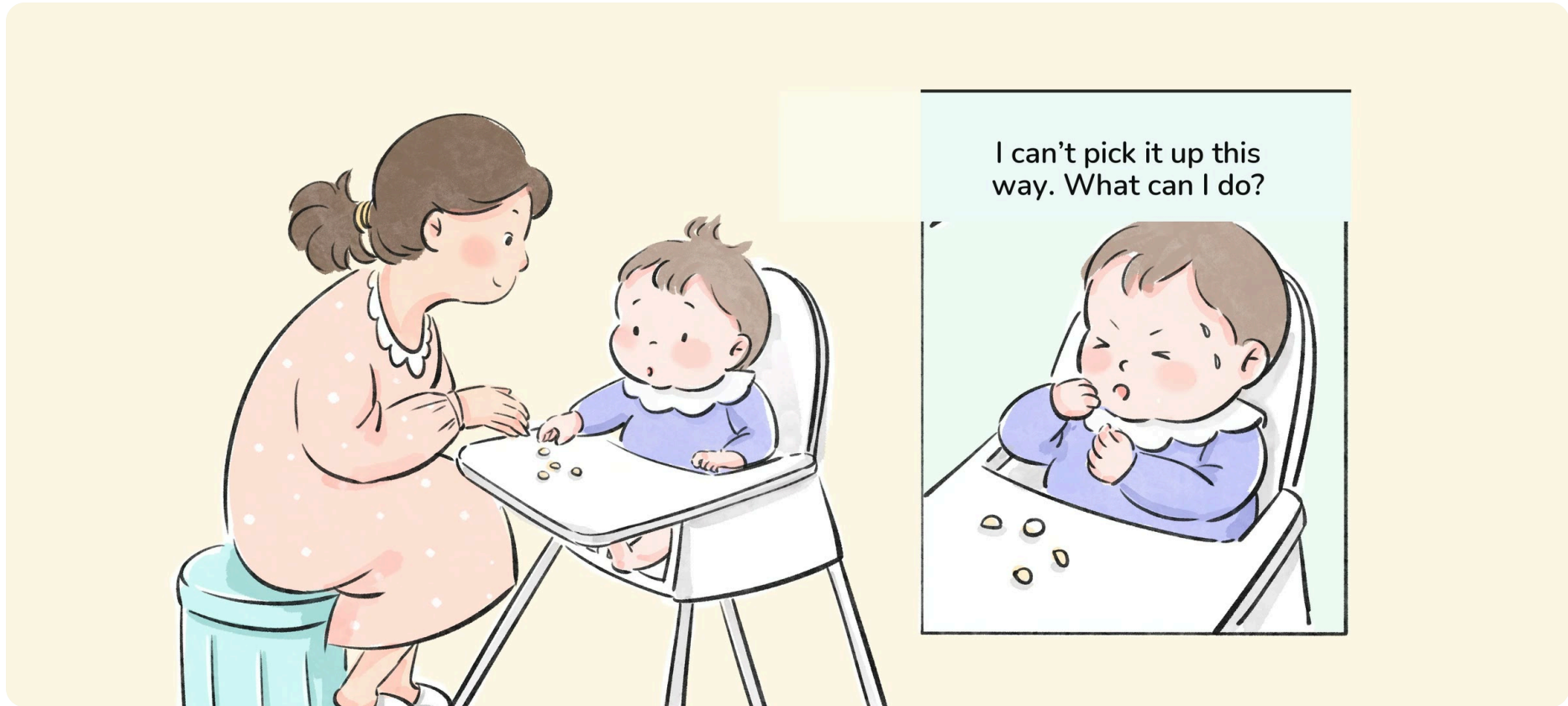
Initiative and Curiosity

A naturally motivating food gives your baby a reason to initiate another attempt and explore what the new grasp can do.



What You'll Need

1. Dissolvable baby puffs



A Puff Is Hard to Pick Up

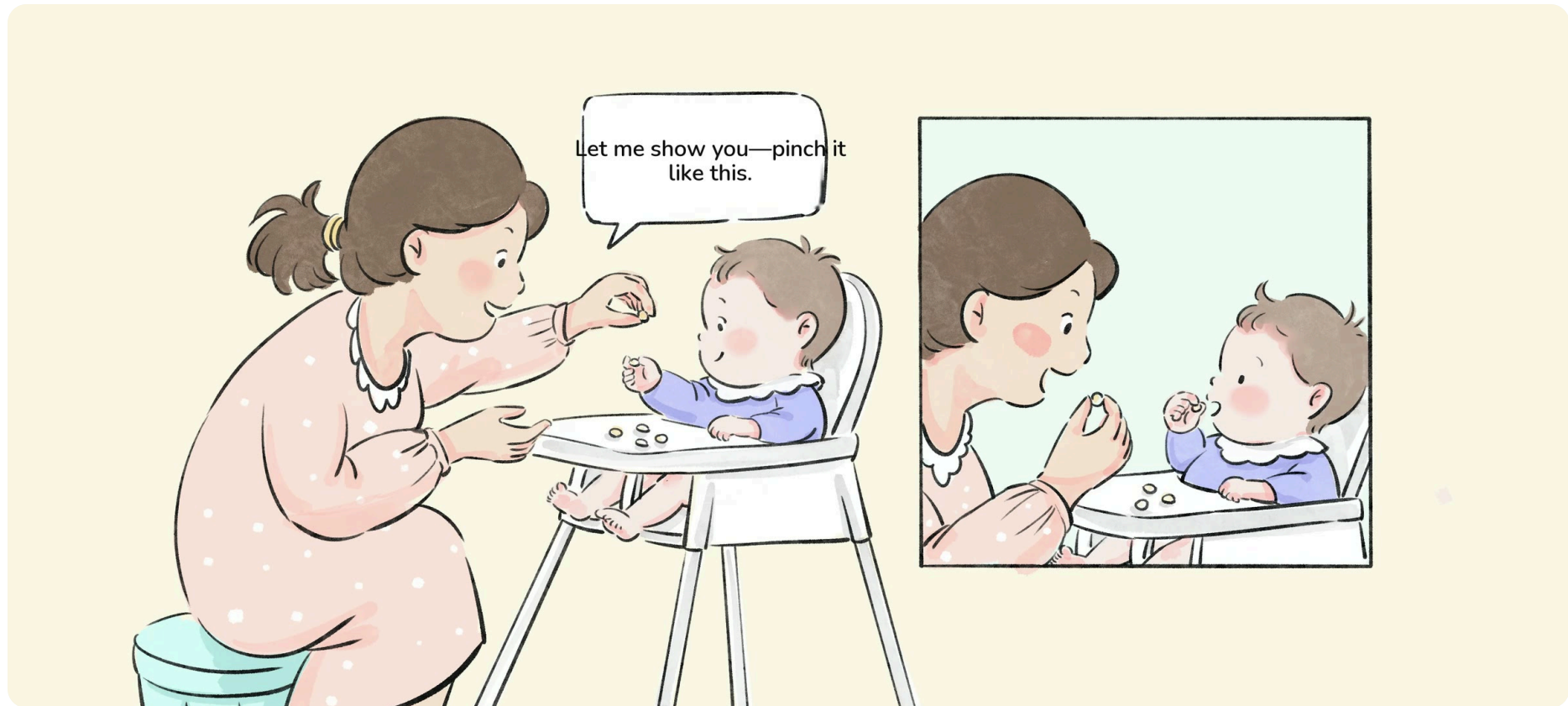
Place a few dissolvable baby puffs on your baby's tray. If they can rake food with the whole hand but often trap the tiny puff in the palm, the situation creates a natural reason to try a more precise grasp.

Observations

- Reaches for a food they want
- Rakes at a baby puff with the whole hand

Tips

- Eating is naturally motivating, so a familiar dissolvable finger food can invite repeated attempts.
- Moving from a whole-hand raking grasp toward a thumb-and-finger grasp is part of #PMP-FiM development.



Pinch and Pick It Up

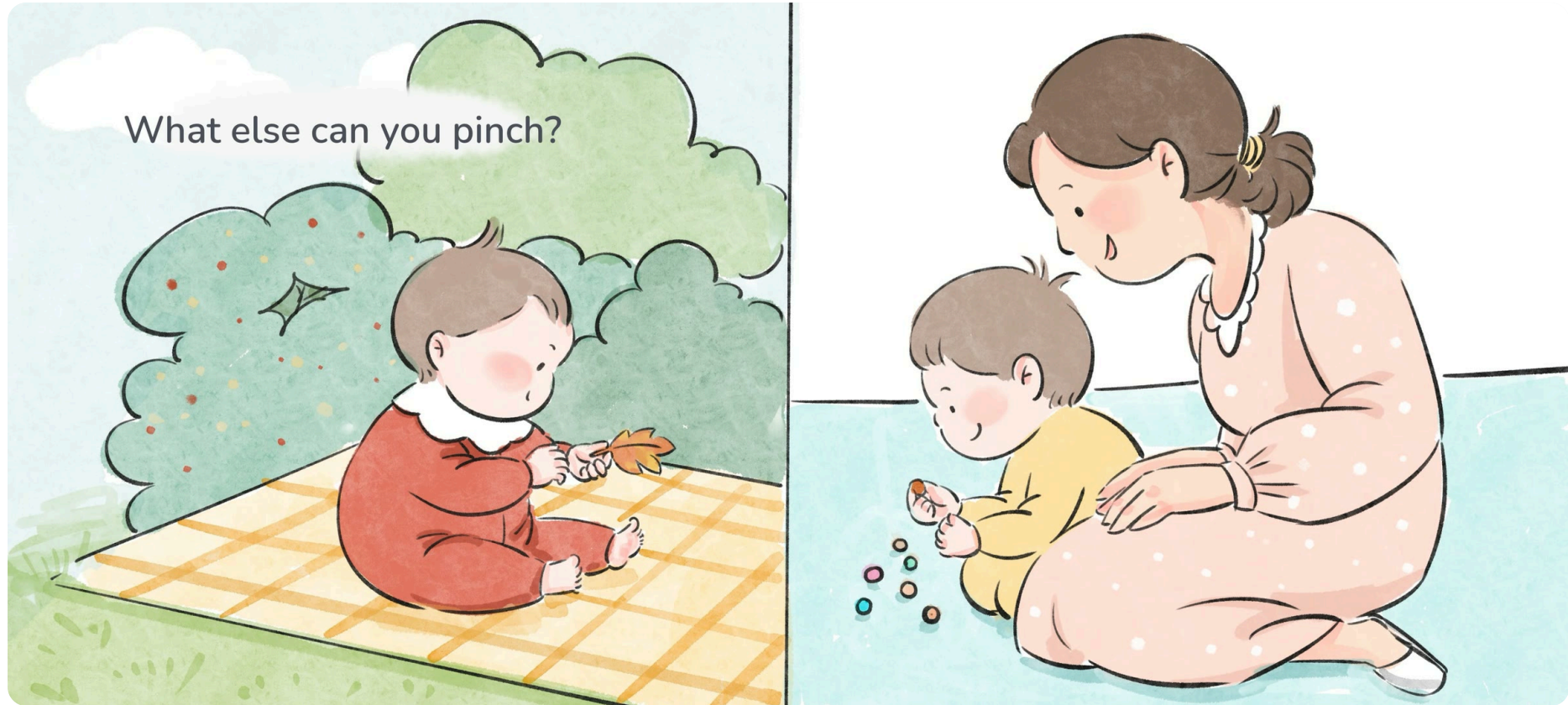
In front of your baby, slowly pinch one puff between your thumb and index finger and bring it to your mouth. Let your baby watch and try the same action. When they pick one up, respond to the attempt and result.

Observations

- Attempts to pick up a puff between the thumb and index finger
- Picks up another puff and shows it to you after hearing your praise

Tips

- The first attempts may use three fingers. This can be a step toward a more precise two-finger grasp.
- If the grasp does not appear immediately, demonstrate again another time without rushing.



Use the Pincer Grasp Again

After the pincer grasp begins to appear, invite your baby to use it in other closely supervised moments - for example, pinching the edge of a small leaf outdoors or picking up a small block or bead during play.

Observations

- Holds and explores a small object with the fingertips
- Studies the small object held in their hand

Tips

- Using a thumb-and-finger grasp supports #PMP-FiM and can also contribute to #C-EnD.
- Offer chances to use the grasp at the table, outdoors, and on the play mat.
- As the grasp becomes more precise and useful, your baby may begin choosing it more often.