



My First Grasp



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Use simple grasp-and-release play to give your baby experience controlling their hands while you share a close moment.

Helps Your Child Grow



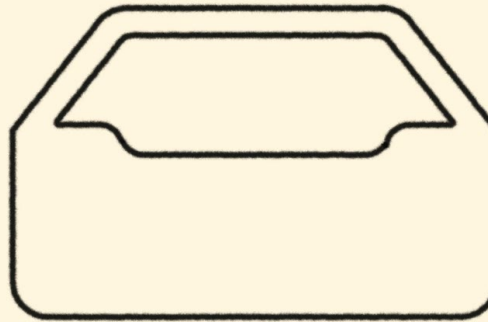
Fine Motor

Repeated grasp-and-release experiences help your baby move from reflexive grasping toward more intentional use of their hands.



Relationships with Adults

Your gentle touch, voice, and warm responses turn each small hand movement into a reassuring interaction.



No materials needed

What You'll Need

No materials needed.



A First Grasp

Babies are born with a grasp reflex: when something touches the palm, the hand may close around it automatically. The next two games let your baby experience that reflex as early preparation for more intentional grasping.

Observations

- Pats and holds the crib mobile with their hands
- Swings an arm toward the crib mobile in an attempt to grasp it

Tips

- Grasping is one of the first ways your baby explores with their hands. Each seemingly accidental grasp is experience for later reaching and holding.



You grabbed Mom's finger!



Hold My Finger

Gently touch your baby's palm with one finger and feel their hand close around it. While they hold on, move your finger slightly or speak in a warm voice to extend the close interaction. Notice how firmly those tiny fingers can grasp yours.

Observations

- Grips your finger firmly during a close interaction
- Grasps your finger when you place it in their palm

Tips

- Young babies often keep their hands in fists. Touching the palm can naturally bring out the grasp reflex and begin the interaction.
- Repeatedly feeling the hand close around something gives your baby more experience with grasping before the movement becomes stronger and more purposeful.



Relax and Open

After a short grasp, gently rub your baby's fingers or the back of their hand and let the hand relax open. You can guide the open hand in a soft clap or let it touch your face so your baby experiences a different sensation.

Observations

- Opens their hands and keeps them open briefly
- Looks at you intently while you guide them through the movement

Tips

- Repeat this little game during calm moments. Your steady response can help your baby feel secure and interested in continuing the interaction, supporting #SE-RwA.
- Opening the hand matters as much as closing it. Help your baby relax and open their fingers so they can experience the contrast between grasping and releasing.