



Building Small Skills for *Big Growth*

The pincer grasp is an important foundation for independence in daily tasks like eating, dressing, writing, and playing.



WHAT IS A PINCH GRASP?

Using the tips of the thumb and index finger to pick up small objects.



WHY IT MATTERS

- Supports fine motor development
- Builds hand strength and coordination
- Prepares kids for writing and self-care
- Promotes confidence and independence



**Every small step builds
a stronger future.**

Celebrate the little wins—each one helps your child grow, learn, and thrive in their own way. ♥



Pick up buttons, beads, or small toys



Use tongs or tweezers to move objects



Roll and pinch play dough



Clip clothespins to a container



Sort small items by color or type



Little hands can do amazing things!



WHY THIS ACTIVITY MATTERS



VISUAL ATTENTION

Noticing details and focusing



LANGUAGE DEVELOPMENT

Encourages talking, describing, and following directions



MINDFULNESS

Promotes presence, calm, and connection



EXECUTIVE FUNCTIONING

Builds planning, flexibility, and problem solving



SENSORY DEVELOPMENT

Engages senses and supports motor skills

OT TIP FROM NOVEL HEIGHTS



Consistent, playful practice with small objects builds the hand skills children need for independence. Keep it fun, follow your child's interests, and celebrate progress—big growth comes from little moments!



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FREE RESOURCES PAGE!

More printables, activities, and tips for families.



Helping children build
*confidence, independence,
and resilience*

through meaningful experiences in nature.



LET'S CONNECT!

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