



## GRASP DEVELOPMENT

### Why is grasp development important?

- To play with toys
- To be successful with hand skills (e.g. colouring, cutting)
- To pick up small items
- To pick up finger foods and hold utensils

### What is the progression of grasp development?

Fisted grasp            using the whole hand to hold something  
4-6 months

- Holding a rattle
- Holding her bottle



Raking grasp            using the ulnar (pinky) side of the hand to pick  
6-8 months            something up

- Picking up small toys (e.g. blocks)



Pincer grasp            using the thumb and pointer finger  
9-11 months

- Picking up small pieces of food (e.g. cheerios)



Tripod grasp            using the thumb and two fingers  
3-4 years

- Piggy bank with large plastic coins
- Playing with construction toys (e.g. mega blocks)
- Adding tools when your child is playing (e.g. hammers, squirt bottles, tongs, clothespins)
- Using upright surfaces to play (e.g. easel, mirror, fridge, magnetic board)

