

Play and Hand Skills

Palmar Grasp

A Palmar grasp is the first grasp to develop. It involves bringing the fingers towards the palm, allowing you to grab an object or toy.

These play activities have been put together to improve your child's hand skills. They can be done in any order and should ideally be practised 3 times a week for 15minutes:

- Squeezing water from sponges at bath time or in water play
- Posting toys such as shape sorters
- Squeezing Playdoh or other items
- Scrunching up paper balls
- Stacking blocks one on top of another