



# Strengthening the Hand and Fingers

## FOR PARENTS:

As children get older and explore their world by climbing, playing, scribbling and building, they strengthen the various muscles of the hand. As their hand and finger strength increases, they are able to participate in more complex activities that require more dexterity. It is always important to make sure that we begin with hand strengthening activities as they are a precursor to efficient hand use. Otherwise, children are prone to use compensatory techniques to complete daily tasks.

## TRY THIS AT HOME:

- **LIDS**- Encourage children to open and close packages, containers and lids.
- **SQUEEZE**- Use sponges, Play-Doh, crumple newspaper, stress balls, clay
- **SCISSORS**- Use scissors to cut Play-Doh or thick paper
- **HOLE PUNCHER**- Make holes on paper and create a design with the fallen “confetti”
- **SPRAY BOTTLES**- Fill a spray bottle with water or watered down paint to create an art project or simply spray plants.
- **PLAY-DOH**- Use Play-Doh to make little balls, snakes and other shapes.
- **PUTTY**- Hide small items in theraputty and ask your child to find them
- **DIGGING**- Hide items in sand or rice box and ask your child to dig to excavate
- **HAMMERING**- Use plastic hammer to pound gold tees into a foam board
- **PUSH PINS**- Use giant push pins to create a design on a foam board
- **LEGO**- Use Lego, K’Nex, Duplo and other blocks to create 3D designs. Have your child break it apart as well by pulling on the lego.
- **FLICK**- Have fun with flicking pompoms, cotton balls, marbles, beans etc.. to a target. You can also have a race.
- **CLOTHESPINS**- Squeeze clothespins on the edge of a can or a box
- **EYE DROPPER**- Use an eye dropper with paint to make a beautiful art creation.
- **CARRY**- Encourage your child to help carry shopping bags.
- **PARK**- Encourage your child to climb ladders, hang on monkey bars.
- **STAMPS**- Use stamps and ink pads
- **TWEEZERS**- Pick up pompoms and other small items using tweezers
- **WIND UP TOYS**- Play with wind-up toys
- **ROLLING PIN**- Use a rolling pin with Play-Doh or real dough
- **FASTENERS**- Encourage children to open/close zippers, buttons, snaps etc..