

Finger and Hand Strength

Adequate finger and hand strength is required to grasp and manipulate a variety of toys and tools. Without the appropriate strength a child may use inefficient grasping patterns, and his/her hand may fatigue if holding an object too tightly.

To improve your child's hand strength try some of these fun activities.

- Play with sponges in water- soak the sponge, and then ring it out to fill up a cup. Make is a game to see who can fill up their cup first.
- Playing with Playdoh and clay by rolling, squeezing, pinching, pounding, and pulling to make different shapes and animals. Try rolling dough into long even sized snakes to shape into letters. This also works on grading pressure as they roll the dough. Shape cookie or pizza dough, and then bake for a yummy snack
- Spray bottles are fun and functional. Fill a bottle with water and have your child spray houseplants. Spray at a target drawn with chalk on the driveway. Spray water in the bathtub and have your child use a clean cloth to “clean” the tub after they spray. This activity is also great for building arm and shoulder strength, which is crucial for fine motor skills
- Hammering activities- Use a toy hammer to bang golf tees into a foam block
- Using clothespins to squeeze onto a clothesline, or squeeze to pick up Pom Poms and dispense into a container. Use different colors with matching cups to have them sort colors
- Play with Legos, tinker toys, pop tubes, pop beads
- Mr. Potato Head- use pieces to push into a clay or a foam block to make a robot
- Use a hole punch to create a design on paper, or use other resistant tools such as an eye dropper to pick up and dispense water into a cup