



Fine Motor: Hand and Finger Strengthening

Weak hands and fingers are common in children that have difficulty with fine motor skills. Because the children tend to avoid activities that are difficult for them, they don't develop strength at the rate of children who do practice regularly. Children with weaker hands and fingers often use a more awkward grasp to compensate for their weaker muscles.

In order to increase endurance, the activities must be performed many times in a row until the muscles fatigue (get tired). The number of times a child performs an activity should increase as endurance increases. Most activities that involve working against resistance would be beneficial.

To encourage development of these skills, select ONE OR TWO activities a day to complete.

Grip Strengthening Activities:	Pincer Grasp/Strengthening Activities:
<ul style="list-style-type: none"> • Squeeze water from sponges • Squeeze tennis balls/foam balls • Tug of war • Climbing toys (e.g. slide) • Crumpling pieces of paper in fist • Squeezing theraputty/play doh • Squirt guns • Pop beads • Picking up toys with salad tongs • Opening large jars with twist off lids • Hole punch • Craft activities that require using bottles to squeeze, such as glue, glitter glue, puffy paint, fabric paint, etc. • Making cookie dough and have your child do the mixing and kneading • Geoboards • Clothes pegs or other spring-loaded objects. Child can squeeze them to pick up cotton balls or other small objects and release them into a container. To increase resistance, place rubber bands around the clothespin to make opening more difficult. 	<ul style="list-style-type: none"> • Scatter small objects on a tray (e.g. raisins, cheerios, beads) and encourage child to pick them up • Place small objects in a small cup so that the child has to use just their finger tips to secure the object • Try placing pennies in piggy banks • Pulling buttons or pennies from play doh • Pulling stickers or tape off objects • Pulling apart Velcro • Ripping paper of various thicknesses • Winding small handled winding toys • Colour with small pieces (i.e. 2 cm in length) of crayon over rough surfaces, such as sand paper. • Opening a variety of fasteners, such as zippers, containers, cardboard boxes with lids, buckles • Thumb war • Using tweezers to pick up small items • Clothes pegs