

Handy Hints for Parents

Developing strength in fingers and hands

Occupational Therapists help children develop skills to participate in everyday tasks. Handwriting is a task that your child will participate in every day at school. There are many skills required for handwriting. Developing strength in fingers and hands can assist with handwriting endurance.

Strength Activities may include:

- * Popping bubble wrap with thumb and pointer fingers.
- * Playing with playdoh: Roll playdoh into a sausage and pinch with thumb and index fingers.
- * Using tweezers to sort small objects. Ensure tweezers are held like a pencil.
- * Cooking: kneading, rolling, stirring.
- * Using spray bottles to water plants.
- * Drawing with chalk on concrete.
- * Help with pegging out the washing.