

Finger Isolation

INTRODUCTION

Developing finger isolation (the ability to move one finger at a time) is very important in the development of fine motor skills. It helps to develop an efficient pencil grasp, typing on a keyboard, playing musical instruments, tying shoelaces and numerous other daily living skills. The following activities can help improve your child's finger isolation.

Play pointing games, such as "I Spy" play games where you ask them to point to various things in their environment.

Encourage using pointing finger (index finger) when reading books or looking for objects in pictures.

Play with Finger puppets.

Counting on fingers one at a time.

Use pointing finger to trace shapes, numbers, etc in sand/shaving cream or on paper.

Play finger soccer, teach child how to flick ball into the goal.

Play finger games such as "Incy Wincy Spider"

Finger painting activities.

Use Finger paint brushes to paint.

Use musical instruments such as, finger symbols, recorder, tin whistle, flute, toy trumpet and toy piano.

Pop bubbles

Form spaghetti like strand of clay/dough/plasticine by rolling the clay between the thumb and first two fingers.

Pick up small pegs, one at a time, and retain them in the palm of the same hand.

Form a ball from a piece of paper using one hand.