Hand Strength

INTRODUCTION

Having effective hand strength is important in order to develop hand function in order to carry out everyday tasks such as fastening buttons, zips on clothing, picking up small objects and holding and using cutlery. The following activities can help improve your child’s hand strength.

- Crumble up sheets of newspaper or scrap paper into small tight balls.
- Squeeze and wring out bath/washing up sponges when playing in the water.
- Use water spray bottles to water plants or play water fight games.

Practice cutting paper/catalogues with scissors.

Climbing activities in the park, hanging from the monkey bars, pulling up on a rope, climbing a wall.

Use rolling pins and cutters to roll dough during baking or playdough.

Squeeze toys and foam balls which are small enough to be held.

Craft activities which require using bottles to squeeze glue, glitter or paint.

Hand painting activities.

Hide coins, beads, beans in play dough/clay then practice pulling them out.

Mega blocks, lego or other construction toys.

Cut a slit in a tennis ball to make a mouth, have your child draw a face, hide pennies, pegs, beads and other small things inside. Squeeze to open and shake out the contents then feed the “hungry guy” “by slipping in the food. The wider the slit, the easier it is to open the mouth wide.

Use a turkey baster to squirt water, or have a race by squeezing them to blow cotton balls and pom poms across a finish line.

Get your child to water the plants.

Encourage them to squeeze the toothpaste tube when brushing teeth.

Use a sponge or face towel when bathing and encourage them to squeeze/wring it out.

Get them to help with recycled rubbish by squeezing it into small ball before placing in waste.