






# MACARTHUR CHILDREN'S DEVELOPMENTAL CLINIC

## ----- Finger Strengthening -----



A child's ability to perform tasks in valued occupations, such as dressing (zips and buttons), play (lego and constructions) and school (tool use and learning), require them to develop a level of fine motor strength and control. This strength and control is developed from the shoulder and arm, down to the hand and fingers. Some activities that can help to strengthen their fingers and aid with their readiness for more complex fine motor tasks, such as pencil use are;

<p style="text-align: center;"><b>Playdough</b></p> <p>Manipulate the dough to make things; use your imagination!</p> <p>Use different tools; cutters, scissors, moulds, mincers etc.</p> <p>Squash, squish, roll, push, pull, poke...</p> 	<p style="text-align: center;"><b>Peg Play</b></p> <p>Use a pincer grip, index and thumb, to squeeze a peg open.</p> <p>Help hang out the washing!</p> <p>Make up games; use numbers, relay race, colours...</p> 
<p style="text-align: center;"><b>Construction toys</b></p> <p>Play with different toys;</p> <p>Duplo, Lego</p> <p>Screwdriver, hammer</p> <p>Peg boards</p> <p>Small pieces</p> 	<p style="text-align: center;"><b>Finger tug-a-war</b></p>  <p>Use a pincer grip and either loop left and right hands together or play with another person.</p> <p>Aim to not let your finger and thumb come apart.</p>
<p style="text-align: center;"><b>Cooking</b></p>  <p>Help in the kitchen...bake a cake, make biscuits, cook a pizza!</p> <p>Mix the batter, knead the dough, spoon out the mixture..</p>	<p style="text-align: center;"><b>Smaller pieces of chalk on pavement</b></p> <p>Smaller pieces encourage using a pincer grip.</p>  <p>Drawing on the pavement provides resistance, making drawing lines, circles, pictures more effortful.</p>