

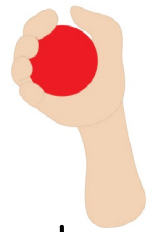
Tools to Grow at Home

What to Know & How to Develop Fine Motor Skills Preschool - School Age Children

FINGER & HAND STRENGTH

What Parents Need to Know:

- Adequate hand and finger strength is required to exert enough force to match the qualities of the object to be grasped and manipulated.
- Without adequate strength, child will not be able to use tools and/or operate objects as required.
- The child may fatigue before the task is completed.



Try This!

- Squeeze - sponges in the sink/tub, stress balls, paper into balls, play dough, or clay
- Resistive tools - given help as needed, children enjoy using a hole punch, basting tool, garlic press, and eye dropper
- Spray Bottle - fill a small plastic bottle with water & encourage your child to use his/her fingers to squeeze the lever to spray. Great for outdoors and bath tub.
- Flicking Games - use index finger to flick a marble, cotton balls, small pom-poms, coins, or balls of paper at a target. Use your imagination!
- Hammering - Use a toy hammer to pound golf tees into foam blocks.
- Use Legos, Duplo, K'Nex, Tinker toys, or similar building blocks
- Clothespins - squeeze onto the edge of a can or clothesline
- Play dough & Clay - mold, squeeze, roll, tear, and pinch

Special Instructions:

