

Tools to Grow at Home

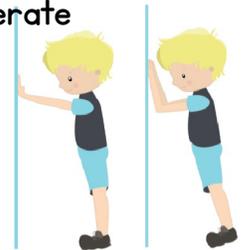
What to Know & How to Develop Fine Motor Skills

Preschool - School Age Children

UPPER BODY & ARM 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!

- Push Ups
- Wall Push Ups - child stands facing the wall about an arm's length away. He/she places both hands on the wall at shoulder height. The child slowly bends elbows to bring his/her upper body toward & then away from the wall. His/her feet remain stationary. Repeat many times.
- Outdoor Painting - provide a large paint brush & bucket of water. Allow your child to "paint" outdoor walls, fences, railing, etc.
- Bounce on a Hippity Hop Ball
- Animal Walk - see your Occupational Therapist
- Playground Equipment - use arms to climb up rope ladders and the jungle gym
- Pull - a wagon or pillow case full of heavy toys or other objects
- Push - box full of heavy toys or other objects
- Household Chores - carry bags of groceries & put objects away on shelves
- Blocks & Cups - try to stack as high as you can
- Ball Play - Throw and Catch
- Pound a Ball toy
- Dig in sand & soil
- Swimming - great exercise to build strength and endurance while having fun!
- On the Wall - use an easel or hang paper on the wall for your child to decorate. Use crayons, pencils, paint, makers, or chalk to color or produce works of art!
- On the Floor - while on his/her belly, child can color, write, watch television, do puzzles, etc.

Special Instructions:

