



Building Hand Strength In Children



Children need to develop hand strength for a variety of tasks, from holding a spoon to feed themselves to using a pair of scissors or holding pencils or crayons to write or colour. Good hand strength helps to make all of these tasks and other everyday tasks simpler and more efficient.

Here are some simple and fun ways to strengthen their finger muscles and help build their hand strength.



Lacing

You can make your own out of a cereal box and a shoe lace or try making necklaces with macaroni on a string.



Playdough

The simple act of rolling playdough worms works the muscles in their whole hand.



Try using a variety of kitchen utensils such as a potato masher or squeeze playdough in your fist until it comes out between your fingers.



Another fun idea is to flatten balls with a hammer.



Clothespins

Clip clothespins on a bracelet or coat hanger. Different kinds of clothespins require more or less hand muscles.



Tongs

There are a variety of tongs around your house from the kitchen utensils to pincers in the tool box. See what you are able to pick up?

So many fun ways to help our children.
What else can you think of?