

Hand Strengthening

WHAT DO I NEED TO KNOW?

Kids use their hands to:

- Explore
- Climb
- Grab objects
- Finger feed
- Play sports
- Write and draw
- Fasten snaps
- And so much more!

WHY IS THIS IMPORTANT?

- Hands help a child play and learn
- Hand muscles need to get stronger as your child grows



WHAT DO I NEED TO DO?

Hand strengthening activities:

- Mix 2 colors of play doh until another color is made.
- Play with theraputty. You can hide beads or coins in it, pull it into spaghetti, roll it into a snake, etc. *Be sure not to get the putty on your clothes or carpet because it will not come out.*
- Play with squirt guns.
- Wring out a washcloth with both hands while taking a bath.
- Make crafts with clothespins. You can increase the resistance on the clothespin by wrapping a rubber band around the end.
- Use tongs or tweezers to pick up game pieces or other objects.
- Practice the monkey bars or hang from a trapeze bar.

Practice activities 3-4 times per week for 5-10 minutes total.

I have a copy of these home instructions, know what I need to do, and understand why they are important.