

Top Tips for Increasing Pinch Strength

Hand and finger strength is important for many everyday activities. The following activities can help to develop your hand strength. Start with activities you can do easily and gradually try activities that are more challenging.

Everyday Activities	
 	<p>Encourage your child to do these activities with their thumb and index finger (and middle finger if required).</p> <ul style="list-style-type: none"> • Fasten buttons on pyjamas and clothing. • Fasten zips on pencil cases, bags or clothes. • Squeeze toothpaste onto a toothbrush. • Peel an orange or mandarin. • Open pop-top drink bottles and lunch boxes. • Open yoghurt containers, biscuit, crisps or lolly packets. • Open a can of tinned fruit or vegetables with a can opener. • Use an eye-dropper to transfer cordial into a glass of water. • Writing is a good strengthening activity; however, get your child to stop when their hand is tired. Gradually build up the length of time they write. School homework can be a good time for practicing writing, but they can also write birthday cards, shopping lists etc.
Fine Motor Activities	
	<p>Encourage your child to do these activities with their thumb and index finger (and middle finger if required).</p> <ul style="list-style-type: none"> • Tear up coloured paper for pasting, paper-mache or collage activities. • Make ten small balls from Playdoh or Blu-Tack and then squash the balls between your thumb and index finger. (Pretend the Playdoh is a bug or egg.) Repeat with the thumb and middle finger, and then with the thumb, index and middle fingers all together • Squeeze clothes pegs to remove them from the rim of a peg basket (or

ice-cream container). Hang out doll's clothes or dress ups on a clotheshorse.

- Duplo, Lego and other construction toys.
- Screw and unscrew nuts and bolts.
- Popping bubble wrap.
- Squirt a water pistol at a target or help water the plants.
- Use tweezers to pick up small beads, Smarties or toys and put them into a container.
- Use an eye-dropper and food colouring to change or mix colours.
- Use stamps and ink pads.
- Draw with chalk on a blackboard or on concrete.
- Peel off and stick stickers
- Use sticky tape for art and craft projects.
- Threading activities such as beads or lacing cards.
- Make friendship bands using colourful cotton or thread.
- Play with wind-up toys.
- Deal cards when playing card games such as Uno, Fish, Snap or Solitaire.
- Tie a balloon
- Art activities that require colouring or scribbling with crayons or pencils. For example, trace around your child's body on a large piece of paper and get her to draw and colour in all her features and clothing.
- Scribble or colour over coins, templates or other textured surfaces.

