

HealthPoint

Rehabilitation Services • Health and Wellness

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Hand Strengthening

Focusing on improving your child's hand strength is an important component to developing strength in the muscles of the hand that assist with coordination and dexterity. Hand and finger strength is important, as it is required for many everyday activities such as manipulating buttons and zippers, grasping writing tools, manipulating objects of various sizes, using scissors and opening containers. It also helps to develop the endurance to complete activities such as writing a full page or completing a coloring activity. Check out some fun activities listed below that can allow you and your child to improve their hand strength!

Crumbling paper

Have your child crumple a piece of paper or newspaper into the tightest, smallest ball they can. You can start with using two hands to create a ball with paper, then transition to just using one hand.



Spray bottles, Water guns, Water bottles

Your child could help water plants using a spray bottle, or even simple water play.



Sponges

Have your child place sponges into a container of water and squeeze water from each sponge using both hands to transfer water into another container.



Playing with playdough

Your child can simply mold playdough into shapes or advance their manipulation to include rolling playdough into a ball, shaping the dough into a long piece on table, pinching it with their fingers, or even using scissors to cut the playdough into pieces.



Connecting/disconnecting blocks/shapes

Connecting pieces of legos or pop beads then disconnecting/pulling apart.



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Velcro Activities

You can secure strips of velcro then have your child separate the strips.



Mr. Potato Head

This toy is a great way to address hand strength with the need to press pieces into shape and pull to remove pieces.



Rubberbands

Placing rubber bands around your child's hand at the tips of their fingers, having your child attempt to open their hand against the resistance of the rubber band.



Tape Activities

Place pieces of tape on a tabletop of a vertical surface and have your child pull the tape back to remove.



Tearing paper:

Tearing paper into pieces. You can use multiple pieces of paper overlapped to tear that would provide an additional grade of challenge.



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Squeezing a ball

Simply place a small sized ball in your child's hand and have them squeeze the ball with a full fist approach.



Clothespins

Using clothespins, have your child pinch open and place the pin along the edges of a container.



Hole punch

Using a hole punch to punch holes into paper, start with thinner paper then progress to thicker grade paper.



Therapy Putty

You can obtain therapy putty from the link below. There are many different activities your child can do with this putty to address hand strength. They come in various resistance grades, from soft to firm consistency. You can have your child make balls with putty, pinch putty, locate and remove items you have hidden in putty or even pull the putty apart into pieces.

