


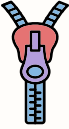


Hand Strength & Dexterity

Your monthly tips and tricks newsletter completed by your School Occupational Therapist (OT)!






Why is it important?

Children need hand/finger strength and dexterity to complete everyday tasks such as printing, opening containers, doing up buttons, using scissors, holding utensils, etc.

Students with poor hand strength and dexterity may have difficulty with:

1. Holding a pencil/utensil using all fingers. 
2. Opening and closing scissors.
3. Trouble with shoelaces, doing up buttons or zippers. 
4. Open food containers or unscrewing lids.
5. Items frequently drop out of fingers 
6. Avoids fine motor tasks
7. Poor motor control while printing/colouring 
8. Difficulties squeezing a glue bottle

Activities that can help improve hand strength and dexterity:

- Make shapes with playdoh.
- Use a hole puncher. 
- Place coins in a piggy bank using thumb, index, middle fingers.
- Pencil races with thumb, index, and middle fingers. 
- Water the garden with a spray bottle.
- Hang up objects with clothespins. 
- Place objects into a container using tongs or tweezers.
- Play a game of Uno or Go Fish. 
- Carry shopping bags.
- Squeeze out a sponge while doing dishes. 
- Make orange juice by squeezing out fresh oranges.

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