

Let me: develop hand strength



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What is this leaflet about?

The aim of this leaflet is to provide general advice on how to develop hand strength to help make everyday tasks easier to do.

Where should we begin?

- Developing hand strength should be fun.
- Activities should be done as part of everyday tasks and playing.
- Most activities can be done at home and/or school.
- Start with activities that are easy to do and gradually build up strength for those which may be a little harder.

Everyday activities that require hand strength

Scooping ice-cream

Using tongs

Scouring or scrubbing pans

Rolling pastry or dough

Pegging clothes on the washing line

Squeezing a garlic crusher

Opening or closing lids, jars and packages

Peeling vegetables

Using a can opener

Putting-on a seat belt

Using a stapler, hole punch or paper clips

Turning taps on and off



Activities that you might like to try

Squeezing water from sponges

Scrunching newspaper

Playing tug of war

Holding onto ropes and swings

Using a hole punch

Spraying with trigger type spray bottles or water guns

Colouring in small areas

Building toys that push together

Kneading poking and rolling play dough

Playing with Lego and Duplo bricks

Squeezing washing-up bottles filled with paint or water to make pictures

Making a collage with scrunched up pieces of tissue or crepe paper

Scrunching paper or making paper chains

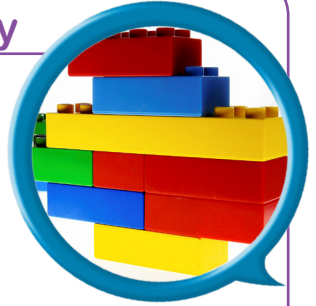
Squeezing wet flannels

Opening or closing hands (tightening)

Model making with Lego or sticky bricks

Popping bubble wrap

You can use the back page to write some of your own activities.



How can I make practice fun?

- Use them as part of everyday activities.
- Sit and make time to be creative with Playdough, card making, etc with your friends or family.

