

## Hand and Finger Skills

Hand and finger skills are important for every day tasks such as:



- drawing
- handwriting
- cutting with scissors
- eating with a fork, knife, and spoon
- dressing skills such as buttons, zippers, and snaps
- manipulating small objects for crafts and games
- tying shoelaces

Children who experience difficulties with hand and finger skills, may:

- use both hands for skills that should only take one hand,
- change or transfer objects to the other hand for repositioning,
- hold an object against their body during activities.

A child's fine motor (hand and finger) skill development impacts on every area of a child's life. For some children, a skill that is slow to develop can be a source of frustration and cause avoidance of important developmental tasks such as writing, dressing, and participating in sports.

An Occupational Therapist can help by assessing and suggesting a fun range of activities for school and home to develop a child's fine motor (hand and finger) skills.



If you know a child who is experiencing any of these problems contact us at Therapy Professionals.

Phone: (03) 377 5280  
Email: [admin@tpl.nz](mailto:admin@tpl.nz)  
Website: <http://www.therapyprofessionals.co.nz>