

## Hand and Finger Skills

We use our hands and fingers constantly during the day and rarely consider the complexity of tasks they do, and how life would be, without their ability to manipulate objects.

In fact hand and finger skills or fine motor skills are very important for doing every day tasks such as:



- drawing
- handwriting
- cutting with scissors
- eating with a fork, knife, and spoon
- dressing skills such as using 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 them to avoid practising important tasks such as writing, dressing, and participating in sports.

Children struggling with hand and finger skills may have problems with:

- weak hands
- controlling posture
- co-ordination between hands
- using information from their senses
- eye hand co-ordination

Development of hand skills occurs throughout childhood in an orderly and predictable way like building with blocks. Hand skills require a combination of other skills to be developed before they can be mastered. If a skill is not gained this will affect acquiring other skills. It's important for a child's learning and independence to have good hand and finger skills.

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.



## Therapy Professionals Ltd

Physio, Speech Language, Music,  
Occupational Therapists & Dietitians



If you know a child who is experiencing any of these problems, our friendly occupational therapist can help; just contact us at Therapy Professionals.

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