



## Fine Motor: 11. Hand Strength

Writing is a complex task. It requires muscle strength in the arm, wrist, and hand; visual perceptual skills; fine motor control; and hand-eye coordination. In order for a child to learn to write it is important to address all those skills. And most of them need to be developed apart from writing to reduce frustration.

Building those muscles- Gross Motor first

The first thing to do is work on strengthening the whole arm. If the arm isn't strong, the fingers won't be strong either and holding the pencil properly will be difficult. Make sure your child is getting lots of time to play – ride bikes, throw and catch balls (hand-eye coordination there too), swing, climb trees, cross monkey bars, go swimming – things that strengthen the whole body, and therefore strengthen the arms as well. If you are stuck inside there are still things you can do.

Chores can also be great strengthening activities. Mop the floor, sweep, vacuum, wash the dishes. All these activities require some serious use of upper body strength, which is needed for writing. These activities are often more popular than extra handwriting practice.

Next, work on the muscles of the hand.

Those small muscles get very tired when a child starts learning to write if they aren't strengthened properly. Kneading dough, playing with play dough, and putting pennies in a bank all work those small hand muscles.

SEATS has a dedicated website section providing over 60 videos, photos and practical ideas to help you create a varied programme of intervention and support.

<http://redbridgeserc.org/resources/category/hands-strength>



Check out our You Tube channel- <https://www.youtube.com/channel/UCYvQ3ULh0WWJAYVzcV7xZoQ/playlists>

The screenshot shows the YouTube channel page for 'Redbridge Seats' with 59 subscribers. The page is set to the 'PLAYLISTS' tab. On the left, there is a navigation menu with options like Home, Explore, Subscriptions, Library, History, Your videos, Watch later, SEND strategies and..., Show more, SUBSCRIPTIONS (Music, Sport, Gaming, Movies & shows), and MORE FROM YOUTUBE (YouTube Premium, Movies & shows). The main content area displays 'Created playlists' with a grid of 15 playlist thumbnails. Each thumbnail includes a video preview, a title, a 'VIEW FULL PLAYLIST' link, and an update date. The playlists cover topics such as iPads, Speech and Language, Visual impairment, ASC/ ASD/ Autism/Social Communication, Medical needs, Hearing Impairment, Emotional support and Behaviour, Communication and Signing, Physical Disability, Sensory videos, and The Good Player.

Website: [www.redbridgeserc.org](http://www.redbridgeserc.org)

Email: 

You will find a variety of Fine and Gross Motor videos here.

[https://www.youtube.com/playlist?list=PL7MVghDNLeJz-IOeZJCxolM8n0v4wi\\_0](https://www.youtube.com/playlist?list=PL7MVghDNLeJz-IOeZJCxolM8n0v4wi_0)

We have a wide range of handwriting and motor skill advice videos on our website [www.redbridgeserc.org](http://www.redbridgeserc.org)