



Homework record sheet - Fine motor session 1

Shoulders, wrists & finger strengthening

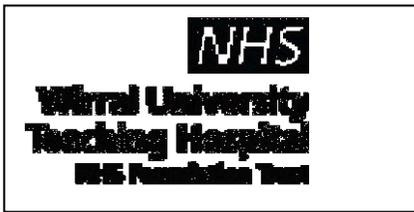
Child's name:

<i>Can you learn to?</i>	<i>What are we working on?</i>	<i>Activities completed!</i>
<p>Exercise 1: Arm wrestle Sit opposite the child with elbow on the table. Hold each other's hand and encourage the child to push against resistance. Record the amount of time spent on this activity.</p> <p>Maximum time achieved:</p>	<p>- Shoulder stability & strengthening</p>	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations: - Has the amount of time maintaining resistance improved? – Yes No - Has child's strength improved? – Yes No</p> <p>Comments:</p>
<p>Exercise 2: Tug of war Can be done either sitting, kneeling, or standing, using a rope, towel, scarf etc.</p>	<p>- Shoulder stability & strengthening</p>	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations: - Has your child's strength improved? – Yes No</p> <p>Comments:</p>
<p>Exercise 3: Popping bubble wrap Pop bubbles between pad of thumb and index finger. You can then do the same with thumb and each finger in turn.</p>	<p>Finger strength Finger isolation</p>	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations: - Can they maintain resistance for 30 seconds? – Yes No - Has grip strength improved? – Yes No</p> <p>Comments:</p>

Can you learn to?	What are we working on?	Activities completed!
<p>Exercise 4: Water play Wringing out cloth- Activities such as car washing, cleaning windows. Squeezing sponges – Fill a container with water and see how quickly they can empty it by putting sponge in and squeezing into another container. Can also encourage polishing furniture, cleaning glass/ mirrors. Pouring activities – pouring liquid from one vessel to another. Increase the size of vessel or amount of liquid being used to increase their strength. Squeeze toys/ water blowers/ basters. Use of spray bottles.</p>	<p>- Wrist strengthening - Grip strength</p>	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations: - Can they wring water out of cloth/ sponge? – Yes No - Can they pour liquid from one vessel to another with less spillages than at start of week? – Yes No</p> <p>Comments:</p>
<p>Exercise 5: Opening and closing jars, bottles, containers, packets Encourage your child to open jars, screw lids, bottles etc. Get your child to make fresh orange juice using manual orange squeezer to squeeze orange halves.</p>	<p>- Wrist strengthening - Grip strength</p>	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations: - Can they open and close lids with less adult support needed? – Yes No</p> <p>Comments:</p>
<p>Exercise 6: Working on a vertical surface Encourage your child to work in a vertical position about eye level – on an easel, white board, chalk board, paper stuck to the wall, water on paintbrush on an outside wall/ fence.</p>	<p>- Wrist strengthening - Shoulder strengthening</p>	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations: - Can they maintain wrist position and draw for longer than at start of week? – Yes No</p> <p>Comments:</p>

<p>Exercise 7: Theraputty – some ideas for use</p> <ul style="list-style-type: none"> • Roll ball between palms. • Flatten with heel of palm to make a ‘pizza’. • Roll small pea shapes between fingertips. Flatten with index finger. • Roll into sausage shape. • Pinch using pincer grip along the top of sausage try and squeeze so pads of fingers touching. • Practice cutlery skills. • Pulling of small bits with pincer grip. • Pull fingers through to stretch out putty. • Push fingers through to stretch out putty. • Burying beads or small objects for your child to find. • Lots more ideas on internet search. 	<ul style="list-style-type: none"> - Wrist strengthening - Grip strength - Hand, thumb, finger strengthening 	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations:</p> <p>Comments:</p> <p>Please make sure that theraputty is used on a hard/ flat/ protected surface and is used under adult supervision.</p>
<p>Please Note – It is important to continue with postural stability exercises from Gross Motor Sessions. Which include:</p> <p>Push up Superman Wall press Static wheelbarrow Ball rolling on tummy</p>	<p>Shoulder stability Hip and wrist strengthening</p>	

Please refer to your DCD information booklet pages 32 - 35 for further instructions and ideas on all the homework activities. Please bring your completed form with you next week. If you are not able to do it on specific days then leave it blank so we can see whether progress is or is not being made with your child’s motor skills. Any concerns discontinue exercises and seek advice from Children’s OT DCD Team on 0151 482 7732.



Homework record sheet - Fine motor session 3

Developing pincer grip & use of tools

Child's name:

<i>Can you learn to?</i>	<i>What are we working on?</i>	<i>Activities completed!</i>
<p>Exercise 1: Use of ruler Practice using a ruler: Underlining words and sentences. Join dots together. Draw 10 lines all going in different directions. Draw different sizes of different shapes e.g. square, rectangle, diamond etc. Draw a picture using a ruler to make all the lines.</p> <p>Bring in the examples you have done</p>	<ul style="list-style-type: none"> - Bilateral Integration - Use of tools - Skills for classroom 	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations:</p> <ul style="list-style-type: none"> - Can your child pick up paper clip and link together using a pincer grip? – Yes No - Has their speed improved? – Yes No <p>Comments:</p>
<p>Exercise 2: Stencils Find different objects in the house to draw around such as a cup, a box, a bottle, your hand, your foot. Make sure that you keep the pencil pressed against the object you are drawing around so that the shape you draw is exactly the same as the object.</p> <p>Bring 5 examples in that you have done. Don't tell us what it is, see if we can guess it!</p>	<ul style="list-style-type: none"> - Bilateral Integration - Use of tools - Skills for classroom 	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations:</p> <ul style="list-style-type: none"> - Can your child turn the coin using a pincer grip? – Yes No - Has their control improved? – Yes No <p>Comments:</p>
<p>Exercise 3: Penny dropping (into slot) Get them to put 25 pennies into a money box or slot. Ensure they use a pincer grip and time how long it takes them.</p> <p>Best time achieved:</p>	<ul style="list-style-type: none"> - Pincer grip - Eye-hand coordination - Fine manipulation 	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations:</p> <ul style="list-style-type: none"> - Can your child post all the coin using a pincer grip? – Yes No <p>Comments:</p>

<i>Can you learn to?</i>	<i>What are we working on?</i>	<i>Activities completed!</i>
<p>Exercise 4: Penny collecting – palm to finger translation Picking up coins using pincer grip get them to slide the coin using their thumb up the back of their index finger and push into their closed palm – hide in palm. Do not let them turn their hand – keep palm facing the table. Repeat until 5 coins are held in closed palm. Then retrieve each coin individually using thumb to slide it back down the back of their index finger onto the table - without turning hand and dropping coin out of palm.</p>	<ul style="list-style-type: none"> - Palm to finger translation - In-hand manipulation 	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations:</p> <ul style="list-style-type: none"> - Can your child get 5 coins into their palm? – Yes No - Can your child get 5 coins out of palm onto the table? – Yes No <p>Comments</p>
<p>Exercise 5: Finger isolation With palm facing up to ceiling. Place coin on each fingertip. Then individually starting with thumb move each finger to put coin into palm.</p>	<ul style="list-style-type: none"> - Finger isolation 	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations:</p> <ul style="list-style-type: none"> - Can your child get at least 3 coins individually into their palm without dropping? – Yes No <p>Comments:</p>
<p>Exercise 6: Dropping small items into a container (in between fingers) Place marbles, small piece of rolled up paper, or similar small object in the web spaces between each finger. Get them to drop one at a time in a controlled manner into a container. Ensure you try with both hands.</p>	<ul style="list-style-type: none"> - Finger isolation 	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations:</p> <ul style="list-style-type: none"> - Can they drop 3 small items individually into a container? – Yes No <p>Comments:</p>

<p>Exercise 7: Transferring small objects Grasp objects between pads of thumb and index finger, pick up 50 small items such as grains of rice, frozen peas, or small beads. Using a container with a small opening such as an empty plastic bottle improves control of movement. Record how long it takes to pick them all up and put them into another container.</p> <p>Best time achieved:</p>	<ul style="list-style-type: none"> - Pincer grip - Fine manipulation 	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations: - Has your child's precision of picking up small items improved? – Yes No</p> <p>Comments:</p>
<p>Exercise 8: Threading skills Thread dried pasta or beads onto string. Make sure the bead is picked up between the pads of the thumb and index fingers. Build up to making jewellery and friendship bracelets.</p>	<ul style="list-style-type: none"> - Bilateral Integration - Pincer grip 	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations: - Has your child's threading skills improved? – Yes No</p> <p>Comments:</p>
<p>Exercise 9: Threading skills- Finish the puppet that you started in the session.</p> <p>Please bring puppet back to the next session to show us.</p> <p>Please return needle to staff.</p>	<ul style="list-style-type: none"> - Bilateral integration - Pincer grip - Eye hand coordination - Fine manipulation 	

Please refer to your DCD information booklet pages 41 - 44 for further instructions and ideas on all the homework activities. Please bring your completed form with you next week. If you are not able to do it on specific days then leave it blank so we can see whether progress is or is not being made with your child's motor skills. Any concerns discontinue exercises and seek advice from Children's OT DCD Team on 0151 482 7732.

Homework record sheet - Fine motor session 2

Hand & finger strength

Child's name:

Can you learn to?	What are we working on?	Activities completed!
<p>Exercise 1: Pegs – clothes pegs/ bulldog clips Using 20 clothes pegs, see how quickly you can pick them up and put them onto a piece of cardboard. You are only allowed to open the pegs using the pads of your thumb and index finger. Try different sizes of pegs and resistance.</p> <p>Best time achieved:</p>	<ul style="list-style-type: none"> - Pincer grip - Hand strength 	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations: - Can your child open and close pegs using a pincer grip? – Yes No - Has their speed improved? – Yes No</p> <p>Comments:</p>
<p>Exercise 2: Stapler/ Hole punch Use a hand-held stapler or hole punch to punch and make a picture. The child makes random holes in the paper/ card with punch, and then joins the holes with laces/ crayon, and/ or draws a path. Then ask the child to punch holes along the path. Encourage your child to hold stapler/ hole punch in hand rather than press on table top.</p>	<ul style="list-style-type: none"> - Hand strength - Use of hand tools 	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations: - Has their hand strength improved? – Yes No - Has their control improved? – Yes No</p> <p>Comments:</p>
<p>Exercise 3: Tweezers Get child to pick 50 small objects e.g. bead/ dried peas/ cheerios and put in a container, one at a time, using their pincer grip to hold the tweezers. Time how long it takes them to put them all in the container.</p> <p>Best time achieved:</p>	<ul style="list-style-type: none"> - Pincer grip - Manual dexterity 	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations: - Has your child's tweezer control improved? – Yes No</p> <p>Comments:</p>

<i>Can you learn to?</i>	<i>What are we working on?</i>	<i>Activities completed!</i>
<p>Exercise 4: Paper tearing Tearing paper into strips and crumpling into balls using pincer grip. Use ball to flick with thumb and index finger into a goal/ container or use balls to create a collage. Draw shapes such as circle, square, triangle. Get your child to tear around the shape placing it between the thumb and index finger. This should be small, controlled movements moving hands down as children will tend to rip without control</p>	<ul style="list-style-type: none"> - Pincer grip - Finger strength - Bilateral integration 	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations:</p> <ul style="list-style-type: none"> - Can your child scrunch a paper ball using their pincer grip? – Yes No - Can they tear shapes with better control? – Yes No <p>Comments:</p>
<p>Exercise 5: Paper folding – Origami fortune teller Instructions to complete this are on pages 38 – 40 of your pack.</p> <p>Don't just complete once see if they can do other paper folding activities – aeroplanes, hat etc.</p> <p>Bring the finished product(s) to show.</p>	<p>Finger isolation Finger strength</p>	<p>Please circle days you have completed (leave blank if not):</p> <p>Days: MON TUES WED THUR FRI SAT SUN</p> <p>End of week observations:</p> <ul style="list-style-type: none"> - Has the number of bubbles your child can pop improved? – Yes No <p>Comments:</p>
<p>Exercise 6: Finish the card you started in the session.</p>		

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