



THERAPUTTY

A good way to build up strength in your child's hands is to use 'theraputty', plasticine, or playdough. It is also a resistive material, so the child has to exert some physical force against it.

Choose two or three of the following activity ideas daily, using different activities each day. Always remember to wash hands before and after using theraputty.

- ★ Squash the putty/dough with your fist. Use a strong squeeze so the putty oozes out between the fingers. Try this with both hands
- ★ Make a ball with the putty - large and small ones. Start by rolling the putty between both hands. Then make two separate balls simultaneously by rolling them on a table
- ★ Twist it. Using both hands together, twist the putty round and round.
- ★ Using both hands together make a long snake by rolling the putty out on the table. Make different sizes and lengths. Using a pincer grip ie thumb and first fingers, squeeze the putty to make patterns on the 'snakes' back. You can alternate fingers using thumb and middle finger, thumb and ring finger and thumb and little finger.
 - Poking holes. Using each finger (try both hands) , press hard into the putty. Make sure your finger goes right down into the bottom. As you get better you can make the putty layer thicker, thereby having to press down harder
- ★ Pinch and Twist it. Holding the putty in one hand, grab the end with the other hand. Holding putty between your thumb and index finger and twist it around. Start again with the next finger and go through all fingers on one hand. Then swap hands and do the same. Roll these small pieces into balls using thumb and index finger.
- ★ During school, a small piece of putty could be kept in pencil case or on desk. This can be used discreetly before starting on fine motor skills such as hand writing/scissors