

Developing Hands and Fingers

An activity guide for under-fives





On 1 Feb 2012, SPARC changed its name to Sport NZ. www.sportnz.org.nz

What is Active Movement/ Koringa Hihiko?

Construction of the second sec

The Active Movement series of brochures helps you with ideas for fun activities.

Develop intellectually, emotionally, socially and spiritually, as well as physically

Active Movement

Build the foundations for learning, moving and communicating helps your child to:

Be healthy and happy, confident and feel loved

Why are strong fingers important?

Ut is important for our children to develop strong fingers. Activities that use the fingers help develop fine motor skills.

X+X+X+X+X+X+

Fine motor skills are movements that use the fingers and hands.

- Playing with baby's hands and fingers is the first step towards developing fine motor skills.
- Any activity in which a child uses his hands will help develop good fine motor skills.
- Fine motor skills take time to develop.
- Control A child's body develops from head to foot and from the chest to the tips of the fingers. It is important that the body is strong so that fine motor skills can develop.
- Control Fine motor skills are important in developing your child's enjoyment of being active. As she grows, the games she is involved in require greater skill with the hands and feet. Having good fine motor skills will help in many sports or activities she may try in the future.

? What about writing?

- Being left-handed or right-handed develops over time and can't be chosen.
- To write, he needs to be able to do something on one side of his body while the other side does something different.
- Cross pattern' activities (opposite arm, opposite leg) help the preferred hand to emerge (e.g. rolling, crawling, walking and jumping).
- •• Over time, your child will be able to have one side of the body doing something different from the other side. For example, encourage her to reach for something on her right with her left hand.
- Your child will start using one hand more than the other when he is ready. For example, he might start always using his left hand to hold his spoon.

What do I need to know before I start?

- Contract All activities are for boys **and** girls.
- Ut is the **order** in which they gain body skills that is important, not **the age** that they gain them.
- Construction and the set of the s



Activities for Newborns and Infants He ngohe mā ngā Pēpi

- These activities can also be done with toddlers and young children.
- Touch also helps a baby learn where his fingers and toes are.
 The more touch, the greater the awareness. Games like these
 help develop muscles in the fingers that help hold pencils.

I strengthen my fingers by having adults play games with my fingers and hands.

in the



More activities you can do with your newborn and infant, next page 🕗

More activities to do with newborns and infants

Play finger games such as 'Round and Round the Garden' to help strengthen and open the fingers. Toes also enjoy these activities!

Sing songs that extend the fingers and toes such as 'Twinkle Twinkle Little Star'.



Rub baby's hands with different soft textures e.g. feathers and wool.

As children grow, finger plays encourage individual fingers to wiggle and move. These games require control and help strengthen little fingers.

Activities for Toddlers He ngohe mā ngā Tamariki Nohinohi

Difference in the second secon

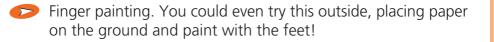
XoXoXoXoXoXoXo

Most children enjoy getting into the sandpit, using play dough, baking and touching different textures. Messy play helps develop skills used in many childhood games, in learning and in writing.



More activities you can do with your toddler, next page 😎





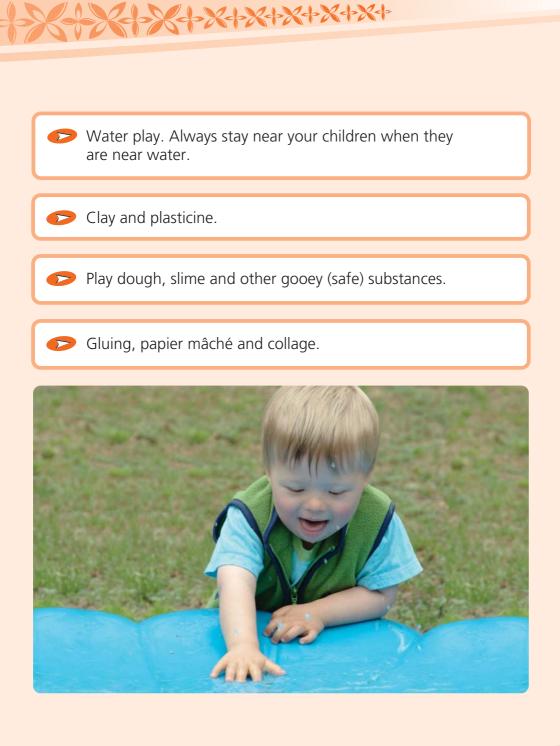


Playing with sand – in a tray, in the sandpit or at the beach.



🥟 Baking. You could then take your baking to the park for a picnic!



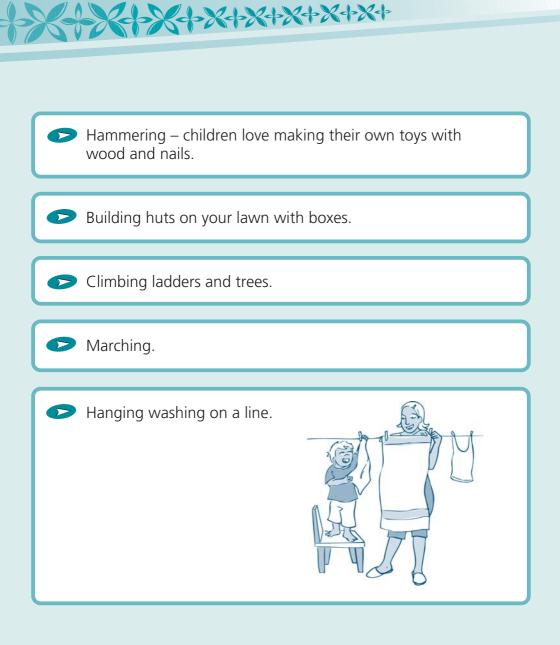


Activities for Young Children He ngohe mā ngā Kōhungahunga

La La La

I learn which hand to use by doing activities where one side of my body is doing something different from the other side.





More activities you can do with your young child, next page 🥟



More activities to do with young children

ФХФХФХФХФХФ

Using streamers where one hand is up and one hand is down etc.

Posting twigs, stones and letters in a letterbox at your house.

You may like to make a letterbox out of empty boxes to have inside.



Where do I go for more information?

This brochure is one of a series of 16 Active Movement resources:



Acknowledgements SPARC (Sport and Recreation New Zealand) express their sincere appreciation to the people and organisations who have contributed both directly and indirectly to this Active Movement resource.



Further information can be found on the SPARC website or call 0800 ACTIVE (0800 22 84 83).

www.**sparc**.org.nz

New Zealand Government 94443 -10/2008 ISBN: 1-877356-52-2

