



The ability to move the first finger on its own is needed to develop a mature pinch grasp and greater fine motor control e.g. when using cutlery and pencils.

1) Pointing.

Songs with actions, eg; wind the bobbin up, two little dicky birds, incy wincy spider.
play pointing games, such as "I Spy"; position child's hand to point with index finger extended outside of a fist

Matching games, point to pairs of the same shape, colour, number, picture.
Odd one out games, point to the odd one out

2) Turning pages.

3) Draw in sand / steamed up mirror / whipped cream with the index finger.

4) Finger painting.

5) Pressing.

- use toys with push buttons or springs, eg; toy cash register, Jack in the box, pop-up farm, telephone, typewriter, piano, calculator, games consoles, tablet devices.

6) Finger puppets or draw faces on the index finger.

7) Poking one finger in dough or a bottle with different textured things in to feel.

8) Counting on fingers one at a time

9) Use pointing finger to trace shapes, numbers, etc. in sand, shaving cream, on paper.

10) Pick up small, light items on dampened fingertips of each finger (e.g., hole puncher cut-outs, sequins, glitter, beans, small beads)