

What is finger isolation?

- Finger isolation is the ability to move one finger at a time.

Why practice finger isolation?

- To develop strength and motor control in individual fingers and the whole hand
- To develop the precise movements required in many fine motor tasks

How does practicing finger isolation help?

- It allows children to do more than just hold an item in their palm.
- Individually controlling the fingers allows for such things as scissor use, pencil control and fastening buttons.

A child that struggles with finger isolation may have difficulty with the following:

- Pointing or using their fingers to count
- Pencil grasp and pencil control
- Typing on the computer or other devices
- Self-care tasks such as fastening buttons, securing snaps or tying shoelaces
- Picking up small objects

Practice the following activities to develop finger isolation:

Count using fingers.



Play with finger puppets.



Take turns touching each finger to thumb with eyes open and closed.



(eunatural.com)

Pinch to pop bubble wrap.



Flick marbles/coins with thumb and index finger.



Lay hand flat on table and lift each finger one at a time.



(eunatural.com)

Hide small beads in a container of uncooked rice or dried peas/beans. Ask the child to complete the following steps:

- Find beads using only thumb and baby finger.
- Find beads using only thumb and middle finger.
- Find beads using only thumb and index finger.



Sing action/counting songs like *Where is Thumbkin?*, *Five Little Monkeys* and *The Ants Go Marching*.



Encourage creating artwork with fingerprints: use one finger to press onto the page with the remaining fingers bent into a fist.

