

Shoulder Stability Exercises:

- Wheelbarrow walks – hold your child at his hips or knees while he walks on his hands (when your child is strong enough hold at his ankles)
- Animal walks – pretend to be a dog or cat (crawl along the floor); a bear (walk on hands and feet) or try bunny hops (jump with hands and feet).
- Wall pushups – straighten your arms and place your open hands on the wall.
- Play tug of war with your child.
- Play with toys that provide resistance or require force such as playdough, pop beads, lego or other construction toys.
- Play on playground equipment such as swings, seesaws, climbing frames and ladders or monkey bars.
- Push and pull a wheelbarrow or a wagon. Adjust the amount of weight to be pushed or pulled.
- Carry grocery bags with a variety of weights.
- Play with shaving cream on a mirror or shower screen.
- Practice drawing or writing letters and numbers using large movements in the air.
- Pretend to paint the outside of the house or a fence using water and a large paintbrush or roller.
- Hit a suspended ball or balloon with a bat.
- Other ball games such as throwing and catching a large ball, basketball or volleyball.
- Stretch up and pop bubbles blown in the air.

Wrist Strengthening Exercises:

- Encourage your child to draw or write, as much as possible, on a vertical surface as this can help your child to achieve a good wrist position. For example, use an easel, blackboard, or tape some paper to a wall.
- Encourage your child to do other activities vertically. For example, placing stickers on a window or a piece of paper taped to the wall.
- Rolling and kneading playdough.
- Wrist lifts – place your child's arm on the table and hold his forearm. Encourage him to make a fist and bend his wrist back as far as possible for 5 seconds. Repeat 5 to 10 times.

Hand Strength and Grasp Development Exercises:

- Use tweezers to pick up small beads or toys and put them into a container.
- Roll, squeeze, push and poke playdough, clay or therapy putty. Encourage your child to hold small playdough balls between her thumb and index finger and squash the playdough until her fingers meet.
- Repeat with the thumb and middle finger, and then with the thumb, index and middle fingers all together.

- Encourage your child to hold an object (a coin or marble) against the palm of her hand with her ring and little fingers whilst doing some of the above activities.
- Tear up colored paper for pasting or collage activities.
- Squeeze clothes pins to remove them from the rim of basket or plastic cup.
- Use stickers or sticky tape to stick things down.
- Water plants with a spray bottle.
- Squirt a water pistol at a target.