

BILATERAL HAND SKILLS

Using two hands together, in a smooth coordinated movement.



Tips:

- ☺ Give plenty of time for practice and repetition
- ☺ Use visual demonstration of the task
- ☺ If your child is having difficulty imitating the task, take him through the movement giving him physical assistance.
- ☺ Reduce the level of prompting to a verbal prompt such as “use both hands”.
- ☺ Encourage the dominant hand to be the “boss” and the other the “helper”

Activity suggestions:

- Playdough:
 - ✓ rolling with a rolling pin
 - ✓ making sausages by rolling with both hands
 - ✓ opening the containers
 - ✓ using cutters, tools, cutlery
- Food:
 - ✓ Opening lunch box or pulling open yoghurt lid
 - ✓ Holding pot in one hand while eating the food inside with the other
 - ✓ Spreading butter/jam on toast/crackers
 - ✓ Baking activities (rolling pastry, holding bowl and stirring)
- Dressing up (include clothes with buttons, zips)
- Craft:
 - ✓ Picking up small items to glue them onto their paper (e.g. plastic buttons and counters, sequins)
 - ✓ Peeling off and sticking small stickers
 - ✓ Tearing and ripping paper, scrunching up paper.
 - ✓ Cutting and snipping paper/straws/feathers.
 - ✓ Cutting out pictures from magazines (mount on card first to make easier)
 - ✓ Drawing and colouring using stencils or drawing around objects (non-dominant hand used to stabilise paper/stencil)
- Other:
 - ✓ Threading and lacing
 - ✓ Screwing and unscrewing containers
 - ✓ Lego and other construction toys
 - ✓ Provide a container filled with various sizes of nuts and bolts for the child to match and screw together.
 - ✓ Hitting a balloon using a rolled up magazine held with both hands.
 - ✓ Catching and throwing a ball, using bats.