

Tools to Grow at Home

What to Know & How to Develop Fine Motor Skills

Preschool - School Age Children

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BILATERAL HAND USE: USING BOTH HANDS TOGETHER

WHAT PARENTS/CAREGIVERS NEED TO KNOW:

- Bilateral refers to the use of both hands, and both sides of the body.
- The use of both hands together in a smooth manner is very important for feeding one's self, dressing, playing, and school tasks.
- Bilateral hand use includes using both arms/hands at the same time for the same action, such as using a rolling pin.
- It also includes using the same action at alternate times, such as dribbling a ball with one hand, then the other hand.
- Finally, it includes the ability to use different sides of the body for different movements, such as holding the paper down when writing.

TRY THIS!

- Scissors: some children will snip, others cut on lines, and others will cut around shapes
- Tear pictures out of a magazine to make a collage
- Tear small pieces of colored construction paper and paste onto another picture to "add color"
- Use both hands to pull apart construction toys (Duplo, Lego)
- Pull apart and put together pop beads of different sizes
- Pull: use both hands to pull a wagon or pillow case full of toys
- Push: use both hands to push a box full of toys
- Ball Games: play catch with both hands, bounce a large ball with both hands, throw a ball with both hands, bounce a ball with alternate hands, throw the ball at the wall-bounce-then catch
- Sharpen crayons or pencils
- Jump Rope
- Play Dough: use both hands to roll dough with a rolling pin. Use a "garlic press" to squeeze out dough, use a plastic knife to cut the dough
- Play "Zoom Ball"
- Stand up to Color: child stands at wall or easel and uses one hand to hold paper up and other hand to color/print/paint
- Stencils: trace within and outside of their borders
- Lacing Cards: one hand holds the lacing card and the other laces through the holes. Determine the lacing pattern such as up the hole, and then down the hole, repeat
- Stitching: older children can perform simple hand stitching or sewing of buttons
- Pouring: water, sand, or dry rice from one container to another
- Tying knots and bows
- Folding Laundry: fold towels, wash cloths, socks, etc.
- Folding Paper: older children can try origami crafts
- Washing dishes: even young children can wash child safe dishes with supervision