

USING BOTH HANDS TOGETHER

1. Support my hands from the elbow either by your hands or by placing pillows under them so that I can work against gravity, and touch the colorful toys hanging above me. This can be done when I am lying down on my back or sitting with or without support.
2. Hold my forearms and bring them together in middle of my body to hold a medium size ball.
3. Let me splash water in the bucket or a tub.
4. Let me hold a plate in one hand and bang it with a spoon held in the other.
5. Take both my hands up to your face and slowly let them feel it.
6. Make me sit on your lap place a small colorful dupatta in both my hands move my hands horizontally and vertically while singing a nursery rhyme or song.
7. Help me take out vegetables, such as potatoes, onions, and ladyfingers from a tub or basket and put them in another container. Sometimes put both containers on the same side and at other times put one container on my left side and the other on my right. This will help me cross the middle of my body and reach the other side.
8. Make me hold a long non-toxic plastic or rubber tube with both my hands then slowly slide it from one hand to the other. Repeat the game again.
9. Give me big blocks that get attached to each other (like building blocks) to join together or pull apart. This will build strength in the muscles on my arms. Help me to bring hands and head in midline. Holding magnets in both hands and doing the above activities would be beneficial too.
10. Put shaving foam in both my palms and let me lather it on a big mirror. Hold my hands and help me move my arms left to right, up to down and in circular movements.

In all the above activities, please bring things near my reach so that I can explore. Then slowly increase the distance to increase my reach. Please remember that using my hands purposefully becomes easier for me when I am in a comfortable, balanced posture, else I become scared that I may lose balance and fall.