



Hand-eye Co-Ordination

Practical advice for helping developing Hand Eye Co-Ordination at home.

Sam Says:

"From as early as three months old, you can help provide learning opportunities for exploring and developing hand-eye co-ordination as well as preference for their dominant hand with your child. These movements will be important for your child to be able to live and become independent.

The following suggested types of play are very simple and easy to facilitate at home. Not only will they develop Hand-eye Co-ordination but they will also be able to develop their knowledge and understanding of shape, space, texture, gross motor skills, fine motor skills, creativity, and concentration, problem solving skills, self-confidence and a sense of perseverance."

From three to Nine Months: **Reaching out....**

Reaching out, grasping and holding toys in both hands may seem a simple task to most of us but for young babies this skill takes massive amounts of cognitive connections and repeatedly practising over and over again to acquire the skill. **Items that make sounds, are more appealing!**



From six months to Two Years: Heuristic Play.... Heuristic is a fancy word for 'natural play'. Trust me you will have more items than you think at home... Pots, pans, spoons, leaves from the garden, scarves, sponges. Simply pop them in a low lying basket. Sit close by and watch the explorations, you'll be surprised at how captivating & magical this simple basket will be to your little person.

From Two to Four Years: Using tools for a purpose.... The word 'tools' often springs the words of fear into most parents, with the right guidance, expectations and rules you will find that your child will use them carefully and appropriately because you are allowing them to use them. Always supervise this type of play!



From Eighteen Months to Three Years: Dinner Date.... Meal times are perfect opportunities for developing hand-eye co-ordination. Where your toddler want to use their hands, encourage them to use a spoon. Once you child can use a spoon introduce a fold (this will likely take longer to master), then finally the knife! **Be patient.... It will likely be messy but it's a hard skill to master!**

From Two to Five Years: Just like Mum & Dad.... To us mundane tasks such as washing up, sweeping floors, folding towels are boring but to children carrying out these domestic tasks are fun because first & foremost they get to do them with YOU! Children love being around adults.... There personal, social & emotional well-being will soar. The tasks will require them to think strategically & problem solve.

