

Children and Young People's Occupational Therapy

Bimanual (Two Handed) Activities

Using one hand to perform a task whilst the other assists is needed for many activities. To support your child to develop using their dominant hand and helper hand together try some of the activities below. If you have difficulties using one hand this is your Helper hand.

Hide the Stickers

- Ask your child to hide the stickers from sight by turning their hands over or closing them, like in the pictures below.



Baking/Cooking

- Using two hands together to roll rough
- Encourage your child to hold a cup/ bowl with their helper hand and hold a spoon with their dominant hand to stir



Connect 4



- Encourage your child to use the helper hand to secure the stand
- Use the dominant hand to place the counters

Lego



- Using both hands together to build with lego- pulling pieces apart and putting back together! Encourage your child to use the helper hand to hold the blocks down whilst they are pulled apart.

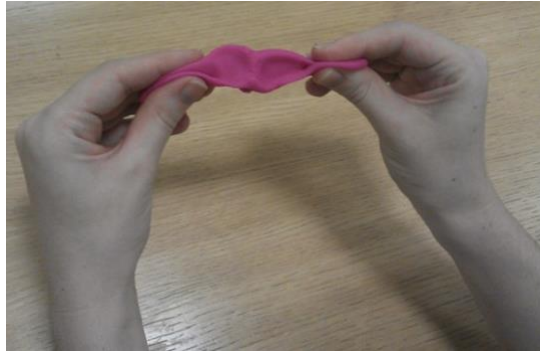
Puzzles



- Encourage both hands on the table to play with puzzles. Start with Inset puzzles.

Playdough





- Squash playdough with both hands
- Break playdough into pieces using both hands
- Roll small pieces between fingers of both hands
- Use stamp/stencils-pushing down and pulling off

Arts and Crafts



- Tearing paper and tissue paper to make a collage using both hands.
- Encourage your child to pull the lid from the marker securing the marker or the lid with the helper hand
- Encourage your child to secure the paper with their helper hand when colouring and drawing
- Finger painting and hand printing



Daily Routines

Everyday activities are great opportunities to use two hands together!

Washing Hands



- Encourage your child to place both hands in the basin during hand washing.

- Support your child to wash their helper hand and then attempt to wash their dominant hand

Bath Time



- In the bath encourage your child to reach for toys with both hands- larger toys that require two hands to hold them are best. Try balls, large cups for pouring or big sponges for squeezing!

Dressing



- Encourage your child to use both hands when dressing- lifting their hands above their head or helping pull up their trousers

Eating



- Encourage your child to hold the spoon or support them with your hand over their dominant hand
- Encourage your child to place their helper hand on the tray or table. Encourage them to steady the bowl with their helper hand.

This link (<http://research.ncl.ac.uk/hemiplegiaresearch-fungames/>) from Newcastle University which was designed to help children with hemiplegia, is also full of really helpful ideas for games to encourage use of 1 hand and 2 hands together.

If you have any queries please contact the team on Cicht.referrals.cypot@nhs.net or telephone 02072668606

Working in partnership with you: supporting children and young people to participate in what they need and want to do.