



EYE-HAND COORDINATION

What is it?

Vision helps to guide body movements when we eat, catch a ball, string beads, tie shoe laces, or use scissors. Drawing, printing, and copying from a board are important learning activities that use eye-hand coordination skills.

How can I help the child?

We know that skills improve

- When kids are having fun
- With practice and opportunity to explore

Things to try

Toys and Games

- Make a tower or building out of Lego® or K'nex®
- Make a domino train by placing dominoes vertically in a row, one behind the other.
- Puzzles: Start with large pieces. Move to puzzles with more complex pieces and designs.
- Games such as Operation®, Jenga®, Pick Up Sticks, Lite Brite®
- Peg boards: Make your own designs or copy a pattern
- Lacing cards
- Ball games that include catching and bouncing. Start with a large, soft ball. Use smaller balls as skill develops.
- Target games: Beanbag toss, horseshoes, marbles, water balloons, bowling
- Flashlight games

Crafts

- String beads: Start with large beads and a stiff, thick string. Move to smaller beads with thinner, softer string.
- Origami or other paper folding activity
- Scissors activities: See *Scissors Skills* Tip Sheet
- Trace the outline of a picture before colouring it in
- Activity books with mazes and dot-to-dot activities

Daily Activities

- Practice opening locks with keys.
- Place coins in a gumball or candy machine, or in a piggy bank.
- Use a mouse on the computer.
- Help with baking using measuring cups and spoons without spilling.
- Practice using buttons and zippers.

These are general suggestions that may or may not be appropriate for your child's age and stage.

If you have questions and are waiting for Occupational Therapy service, consider booking a Consultation Clinic appointment.