

## USING TWO HANDS TOGETHER

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### Why is this important?

Both hands are used together in many daily activities. Children use both hands as they learn to get dressed, open containers, cut with scissors and tie shoes. This skill is called bilateral coordination. Using both hands together also helps to develop hand dominance.

We know that skills improve

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

### Things to try

- Play tug of war with a skipping rope or a towel.
- Roll or throw a large ball or balloon back and forth, using both hands.
- Tear or crumple paper before putting it into recycling.
- Play clapping games or action songs.
- Wheelbarrow walk.
- Take a nature walk and collect objects in a basket or pail.
- Store toys or craft materials in containers with zippers, twist-off or snap-on lids.
- Building toys: Blocks, Duplo, Lego, Magna Tiles, Marble Run, K'Nex.
- Beading and Lacing: Use big beads and stiff laces for beginners.
- Card games: Dealing and holding playing cards.
- Play dough activities. Try making it at home.
- Stand to draw or colour while holding the page against the wall.

- Craft activities: Stickers, Gluing, Using a ruler, Folding.
- Cut with scissors. (See *Cutting with Scissors* handout for more ideas)
- Dressing activities: Latching zippers, Buttons, Belt buckles, Tying laces.
- Use a knife and fork at mealtimes. Start with soft food like pancakes.
- Cooking activities: Measuring, Stirring, Rolling or Kneading dough.
- Movement games: Simon Says, Hokey Pokey, Twister.
- Playground activities: Swings, Climbing.
- Musical instruments: Shakers, Drums, Guitar, Piano.
- Sports: Baseball, Hockey, Swimming, Martial Arts, Bicycling, Gymnastics.
- Gardening, Cleaning, Sewing and Building for older children.

**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.