

Motor and Co-ordinations Skills Affecting Everyday Activities:

Practising the actual daily activity, is the best way to get better at it. Practice every day, at a time of the day when your child is most alert and motivated.

Choose activities which are appropriate for their stage of development, ie choose activities which are easy for them to start with and then progress from there.

ALWAYS USE TOYS WHICH ARE SUITABLE FOR YOUR CHILD'S AGE AND BE AWARE OF CHOKING HAZARDS.

Dressing / Fastenings:

Use backward chaining to teach these skills, whatever the age or stage of development. This means letting your child finish off the last step. As they learn to manage the last step, you can then let them do a bit more until gradually they take over the whole activity by themselves.

Sit to do this, so they can focus on the activity.

Choose easy garments eg chunky buttons with generous button holes, zips with novelty zippers added to them which are easy to get hold of. Buttons and zips which are different colours to the garment are easy to see, put some coloured stitching around the button hole to help visually define it.

Give plenty of time, eg early evening put pyjamas on before getting too tired, also pyjamas are generally easier garments to manage.

Choose easy garments, light large and stretchy tend to be easier.

Put the garment on the table in front of them, so they can see the fastenings easily.

Talk about 'posting the button through the hole and 'catching it' on the other side.

Make a pencil case for them with button and zip fasteners so they can practice skills at other times too.

Washing and Bath time:

Bath toys are a fun way to develop hand skills, manipulation skills and using 2 hands together.

Different sizes and shapes of containers for pouring help with grasping and hand eye co-ordination.

Hand washing games are great for all hand skills, catch the soap in a bowl of water, rub it between the hands without dropping it, then rub hands together palm to palm, spread fingers and interlace them and rub back and forth. Use a nail brush to scrub nails.

Use different textures of sponges and flannels helps to explore texture.

Use a mirror to help wash their faces and see where the flannel is.

Teeth Cleaning:

Use products suitable for your child's age and stage of development.

Gently assist them with your hand over their hand, until they develop the control to do this safely by themselves.

Sitting down will help them to concentrate on the task.

Small chunky handled tooth brushes may be easier to hold

If they seem a bit averse to this daily activity:

Try it without toothpaste first, is the smell or taste too strong?

Is the feel of the brush a bit aversive? Try different brands of toothbrush, using a rubbery end, soft bristles, harder bristles, see what their preference is

Try gentle face washing first, to get them used to their face being touched and then progress to tooth brushing.

Drinking:

Choose a cup which is easy to hold, eg smaller, with 2 handles

To help prevent spilling, half fill a cup.

Using Cutlery:

Used shaped cutlery which helps to train how to have the correct hand posture for easier use of spoons, forks and knives (Caring cutlery and Nana's Mana's cutlery is easy to use, or just smaller, chunky handled cutlery).

Offer food which is easy to load onto a spoon and does not fall off eg thick yoghurt or mashed potato.

Offer food which is easy to stab with a fork.

When they are the correct age and ready to use a knife to cut food, use hand over hand assistance to help with the cutting action.

'Building block' fine motor skills that may need practice:

Sometimes there are 'building block' skills which are a bit tricky for some children and they need help to develop, in order to manage the everyday tasks.

Great toys and activities for assisting with these building blocks of general motor control:

- Play with peg games and use clothes pegs (which need to be squeezed) on washing line, 'peg up' their pictures, this can help to develop pincer grasps.
- Water squirters
- Try 2 handed skills, pass small items from hand to hand, threading
- Construction toys such as Lego and Meccano

- Sewing, baking
- Fidget toys

More Handouts for Ideas:

Dressing Programme

Bottom Wiping

Shoes and Laces

Cutlery Skills

Cutlery Younger Child

Fine Motor Challenge

Fine Motor Skills

Cooking Skills

Scissor Skills

Motor Skills

Also look at the North Yorkshire Council (NYC) website for activities to assist with co-ordination difficulties called 'Supporting Children and Young People with Co-ordination Difficulties'. This was co-produced by the NHS OT Team and The NYC Inclusion Team.

https://cyps.northyorks.gov.uk/sites/default/files/SEND/Specific%20Learning%20Difficulties/Supporting_Children_and_Young_People_with_Co-ordination_Diffi.pdf