

These activities are aimed at early manipulation and dexterity skills. Children need to be in a supported position when completing the tasks.

These activities should be **fun** and be completed on a daily basis where possible. 5 to 10 minutes a day is more beneficial than an hour once a week.

#### Specific Advice:

#### You will need:

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- Toys e.g. Bricks
- Containers (various sizes)  
e.g. Childs bucket, cup
- Board Books
- Single press toys  
e.g. toy telephone.
- Drinking Bottle/Cup
- Small pieces of food
- Bubbles

Name: Miss Elsa Frozen - Test Patient-TestPatient

**If you have any queries please contact your therapist.**

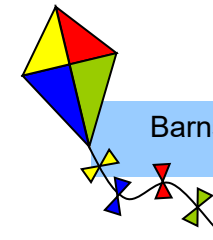
Our details:

Therapist name:

**Children's Therapy**  
The Cedars  
Kendray Hospital  
Doncaster Road  
Barnsley  
S70 3RD

Telephone: 01226 644396

**These activities should be carried out in a safe environment and supervised by a responsible adult.**



Manipulation  
and  
Dexterity

**Stage 1**



### Bilateral Play (Two handed play)

- Encourage child to place both hands on bottle or cup.
- Encourage child to clap hands together using nursery rhymes and songs e.g. 'pat-a-cake', 'if you're happy and you know it'.
- Encourage child to pass objects from one hand to another and back again.
- Encourage child to pop bubbles with both hands.
- Musical toys: Cymbals, drums and Maracas.
- Playdoh: Rolling, squeezing and pulling.



### Container Play

- Encourage child to pick up large toys/bricks and release them into a container with either hand.
- Encourage child to use either hand to fill a container with sand/pasta/rice
- Encourage sand and water play. Pour from one container to another.

Start with a large container and toy and gradually reduce size to increase difficulty



### Early Manipulation

- Encourage child to turn pages of a thick cardboard book.



### Isolation of Index Finger

- Encourage child to point using index finger to objects in books and around the room.
- Encourage child to play with single press toys e.g. pop up toys; toy phones
- Encourage child to pop bubbles with index fingers.



### Pincer Grip

- Encourage child to pick up small pieces of food with a pincer grasp e.g. small cereals, toast, raisins etc.

