

SELF-HELP SKILLS

Self help skills teach great bilateral hand skills. Please have your child practice snaps, buttons, zipper and tying shoe laces. Use larger one inch buttons to aide in manipulation and dexterity skills. When practicing laces, use two different colored laces. You may punch two holes into a coffee can, thread and practice one step and then build upon it. They may hold it between their legs, until they have the stability and control to complete on their feet. You may place a special treat or sticker inside the coffee can to promote motivation. Also, place any items in containers and screw cap containers to promote hand strength and bilateral skills.