



Hands Programme

1. Quiet and calm environment.
2. Sitting in front of the child at their level, ask them for their hands and wait. If no response, gently tap on their hands to model what you are asking.
3. Gently stroke their hand with your hand allowing the child to retract theirs. If they do so repeat step 3.
4. Give your child a choice between soft and rough brushes, ribbon or bangles for the activity. Gentle movements on the palms, back of hands and in between the fingers.
5. Activity can last seconds to minutes.
6. You can end with a hand massage using a cream you would generally use at home i.e. E45, Johnson's baby lotion.

This programme is a warm up to focus work enabling children to use their hands appropriately.



Resources



Use any ribbon you can find such as old gift bag ribbon or ribbon from presents.



A nail brush is an ideal rough texture.



A household paint brush or a make up brush have lovely soft textures.



Bangles are a good temperature change as the metal is cold to touch.