



Using Two Hands Together

What is it?

- An important stage in the development of fine motor skills is the development of bilateral hand use. This is the use of two hands together to grasp and manipulate objects. This stage of development starts with bringing the hands together in the midline and develops to using one hand as the dominant hand and the other as a helping hand.

Why is it important:

- Bilateral coordination enhances kids' motor skills, boosts muscle development, increases attention span and is crucial for tasks like writing, cutting, and dressing, which involve precise hand movements.

Activities to encourage the use of two hands together:

- Toys that involve pushing and pulling with both hands e.g. building blocks (Duplo, Megablocks), Velcro fruit, Russian dolls, push along toys e.g. prams/buggies
- Action songs and rhymes
- Using two hands to hold and turn pages on a book - you may want to start with cloth or board books
- Playdough: rolling with a rolling pin, squeezing, shaping, cutting playdough
- Catching a balloon
- Hitting a balloon with a rolling pin held with both hands
- Catching beanbags and large balls
- Outdoors: Swinging, climbing, and playing on a seesaw
- Threading beads onto a string or lace
- Using scissors to cut paper or cardboard and gluing pieces together
- Cooking: stirring, kneading, and using cookie cutters with both hands while holding the bowl or rolling pin.