






Score

Yes = Y
Emerging = E
No = N

Using Hand Skills: Activity Sheets for Developmental Milestones



1. Reaching

| PAGE REF | SKILL | ACTIVITY | DATE / / | DATE / / | DATE / / | DATE / / |
|--|---------------------------------|---|-------------|-------------|-------------|-------------|
| U1A  | Following things with eyes | <ul style="list-style-type: none"> › When my child is lying on his back, he looks at a brightly coloured object or toy for a few moments. › When my child is lying on his back or sitting in a supported seat, he watches a toy/object as I move it in front of his face (about 25 cm away): <ul style="list-style-type: none"> › From one side into the middle › From one side to the other | | | | |
| U1B  | Beginning to reach | <ul style="list-style-type: none"> › When my child is lying on his back or sitting in a supported seat, he can reach for a toy that is held in front of him, although he may not touch it. | | | | |
| U1C  | Reaching with both hands | <ul style="list-style-type: none"> › When my child is lying on his back, if I dangle a toy above him, he can move and wave arms toward the toy. | | | | |
| U1D  | Reaching with one arm | <ul style="list-style-type: none"> › When my child is lying on his back, if I dangle a toy above him, he can move and wave left or right arm toward the toy. › When my child is lying on tummy he can reach forward to touch toy/mirror with one arm. › When my child is holding a small object in one hand, he can reach forward for another object/toy with the other hand. | | | | |
| U1E  | Taking things out of containers | <ul style="list-style-type: none"> › My child attempts to reach into containers to get items out e.g. block out of toy bucket <ul style="list-style-type: none"> - with my help - if I show him how first - by himself | | | | |

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Using Hand Skills: Activity Sheets for Developmental Milestones

2. Grasping

| PAGE REF | SKILL | ACTIVITY | DATE / / | DATE / / | DATE / / | DATE / / |
|--|---|--|-------------|-------------|-------------|-------------|
| U2A  | Purposefully holds object | › When my child is lying on back or in supported sitting, he can momentarily hold an object that I hold next to his left hand or right hand. | | | | |
| U2B  | Ulnar palmar grasp | › When I touch my child's hand with a toy that is small enough to fit into his hand, he wraps his little finger and ring finger around it and holds it against his palm. | | | | |
| U2C  | Palmar grasp | › When I touch my child's hand with a toy that is small enough to fit into his hand, he wraps his fingers around it and holds it against his palm. | | | | |
| U2D  | Radial palmar grasp | › When I touch my child's hand with a toy that is small enough to fit into his hand, he wraps his index and middle fingers and thumb around it and holds it against his palm. | | | | |
| U2E  | Picking up small objects using a 'raking' grasp | › My child tries to grab or scratch at his clothes or surfaces in front of him, e.g., carpet when lying on the floor. › My child attempts to pick up small items, like crumbs, with his fingers, using a raking movement. | | | | |

Score




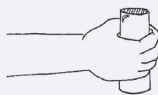
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Using Hand Skills: Activity Sheets for Developmental Milestones

2. Grasping (continued)

| PAGE REF | SKILL | ACTIVITY | DATE / / | DATE / / | DATE / / | DATE / / |
|--|---|---|-------------|-------------|-------------|-------------|
| U2F  | Using thumb, index and middle fingers for grasp | › My child can hold a small toy/object eg small block, in his hands using his thumb, index and middle fingers without holding it against the palm of his hand. | | | | |
| U2G  | Using pre pincer grip | › My child can hold a small toy/object eg small block, in his fingers using the tips of his thumb, index and middle fingers (there is a space between the toy and his palm). | | | | |
| U2H  | Using pincer grasp | › Without resting his forearm on a support, my child can pick up small items, e.g., piece of string, using the tips of his index and middle fingers and his thumb: › Using left hand › Using right hand | | | | |
| U2I  | Supinates forearm | › My child can turn his hand over so that the palm is facing upwards, e.g., when I pass a small toy to him. | | | | |







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3. Releasing objects

| PAGE REF | SKILL | ACTIVITY | DATE / / | DATE / / | DATE / / | DATE / / |
|--|--|--|-------------|-------------|-------------|-------------|
| U3A  | Keeping hands open | › My child holds his hands open or partly open most of the time. | | | | |
| U3B  | Grasping and dropping | › My child can open his fingers to let go of an object. › When offered a small toy, he can hold it for a few moments and then lets it fall. › When his is lying on his back, my child looks for an object that he has dropped by turning his head. | | | | |
| U3C  | Moving things from one hand to the other | › My child passes toys/objects back and forth from one hand to the other: › When lying on back › When lying on tummy › When sitting in supported seating | | | | |
| U3D  | Voluntary release | › My child squeeze and release a squeak toy or soft, squishy ball. › My child can put a small toy down without dropping it and then take his hands off it. | | | | |
| U3E  | Stacking objects | › My child can put one object on top of another, e.g., boxes, blocks. | | | | |
| U3F  | Building a tower with blocks | › My child can build a tower using: › 2 blocks › 3 blocks › 6 or more blocks | | | | |

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4. Using two hands together

| PAGE REF | SKILL | ACTIVITY | DATE / / | DATE / / | DATE / / | DATE / / |
|--|--------------------------|--|-------------|-------------|-------------|-------------|
| U4A  | Bringing hands together | <ul style="list-style-type: none"> › My child watches both his hands. › When he has his hands together, my child plays with his fingers. | | | | |
| U4B  | Using both hands | <ul style="list-style-type: none"> › My child is able to hold an object in one hand and manipulate it with the other, e.g., using a hammer, pulling pieces apart. | | | | |
| U4C  | Banging objects together | <ul style="list-style-type: none"> › My child bangs toys/objects up and down on the floor/table. › My child bangs one object against another on the table/floor. › My child holds an object in each hand and bangs them against each other. | | | | |
| U4D  | Threading | <ul style="list-style-type: none"> › My child is able to thread thick thread through a large hole, using both hands. | | | | |
| U4E  | Folding a piece of paper | <ul style="list-style-type: none"> › When I have shown him how, my child can attempt to fold a piece of paper, using both hands. | | | | |





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5. Using a marker or crayon

| PAGE REF | SKILL | ACTIVITY | DATE / / | DATE / / | DATE / / | DATE / / |
|---|---------------------------------------|---|-------------|-------------|-------------|-------------|
| U5A  | Using crayons or markers to scribble | <ul style="list-style-type: none"> › My child shows an interest in using crayons/markers. › My child watches others using crayons/markers. › After I have demonstrated how to scribble, my child attempts to use crayons/markers to scribble. | | | | |
| U5B  | Poking with index finger | <ul style="list-style-type: none"> › My child points to pictures in books. › My child uses the tip of his index finger to move or try to get a small object, e.g., crumb, sultana. › My child uses his index finger to feel and poke different textures eg sand, textured carpet. | | | | |
| U5C  | Scribbling | <ul style="list-style-type: none"> › My child moves his arm/hand backwards and forwards to make a scribble on a vertical/horizontal (circle which one) surface. › My child uses the tip of a crayon/marker when trying to draw/scribble. › My child uses crayons/pencils/felt tip markers/chalk to scribble (circle what your child uses). | | | | |
| U5D  | Holding crayon with thumb and fingers | <ul style="list-style-type: none"> › My child usually holds a crayon/marker with: <ul style="list-style-type: none"> › <i>Either hand/left hand/right hand</i> › <i>All fingers wrapped around the crayon/marker</i> › <i>Index and middle fingers wrapped around the crayon/marker</i> › <i>Index and middle fingers on top of the crayon/marker and thumb supporting crayon/marker underneath</i> | | | | |

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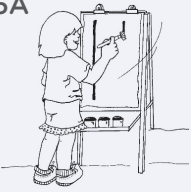



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6. Copying shapes

| PAGE REF | SKILL | ACTIVITY | DATE / / | DATE / / | DATE / / | DATE / / |
|--|-----------------------------|---|-------------|-------------|-------------|-------------|
| U6A  | Drawing a line | <ul style="list-style-type: none"> › After watching me draw a line from the top of a piece of paper to the bottom, my child attempts to draw a line (in any direction) (without just scribbling). <hr/> <ul style="list-style-type: none"> › After watching me draw a line from the top of a piece of paper to the bottom, my child can draw a vertical line. | | | | |
| U6B  | Imitating a horizontal line | <ul style="list-style-type: none"> › After watching me draw a line from one side of a piece of paper to the other, my child attempts to draw a horizontal line. | | | | |
| U6C  | Drawing circles | <ul style="list-style-type: none"> › After watching me draw a circle shape, my child can draw a circle shape. | | | | |
| U6D  | Copying and drawing | <ul style="list-style-type: none"> › After watching me draw a simple, 2 dimensional shape, e.g., triangle or square, my child attempts to copy it. | | | | |

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7. Using scissors

| PAGE REF | SKILL | ACTIVITY | DATE / / | DATE / / | DATE / / | DATE / / |
|---|------------------------|--|-------------|-------------|-------------|-------------|
| U7A  | Snipping with scissors | <ul style="list-style-type: none"> › My child can place thumb and fingers in correct place for using scissors. › My child can open/close child-size scissors. › My child can make short snipping movements with child-size scissors and attempt to snip small pieces of paper/card/plastic. | | | | |
| U7B  | Cutting | <ul style="list-style-type: none"> › My child can cut along a thick dark line (about 10 cm), using child-size scissors. | | | | |