

IN-HAND MANIPULATION

In-hand manipulation skills are important for daily life activities such as handling coins, buttoning, repositioning objects on the fingers, etc.

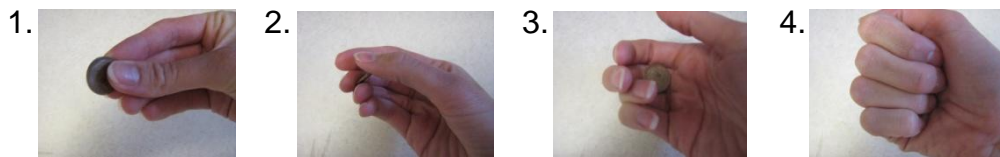
Improving in-hand manipulation skills will also help your child manipulate his or her pencil more effectively. Here is a definition of several in-hand manipulation skills. Your child should try to do these skills while also holding a penny in his or her palm.

TRANSLATION

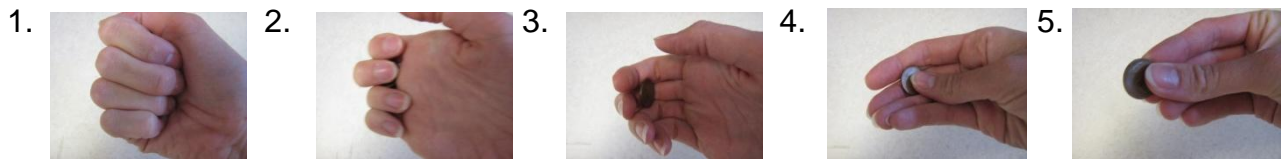
Translation: *The ability to move an object from the palm to the fingertips, or from the fingertips to the palm*

For Example: Picking up a penny and hiding it in the palm or bringing a coin from the palm to put into the slot of a vending machine.

Tip to Palm



Palm to Tip



These skills can be incorporated into so many activities! For example:

- Putting coins in a piggy bank
- Eating cheerios/M&Ms, Nibs
- Playing board games with small tokens

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Show your child how to pick up a penny and hide it in his/her hand. Once the penny is hidden, show him/her how you can wiggle it out to the tips of your fingers and place it into a piggy bank. Once he/she becomes good at this activity, show him/her how to hide a second penny in his/her hand, without dropping the first one. The challenge would then be for him/her to wiggle one penny to the tips of his/her fingers, while holding the other one in his/her palm. This activity can also be performed with m & m's, cheerios, and other small objects.

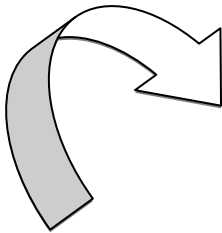


Make sure your child doesn't compensate by sliding the objects off of the table, or by using his or her body for support.



ROTATION

Rotation: The ability to rotate an object using the fingertips of the thumb and index finger, as well as the side of the middle finger.



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Try the following activities to work on rotation:

- Tape together two different crayons. Ask your child to flip the crayon from one color to the other color.



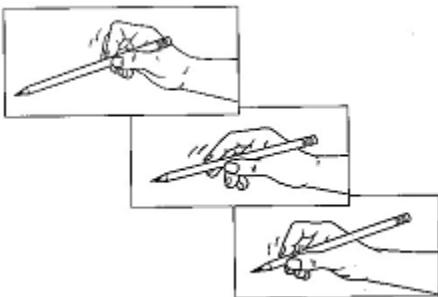
- Tops are great to work on rotation.
- Have your child twist pipe cleaners



SHIFT

Shift: The ability to move an object on the fingertips in a linear movement (thumb moves across fingertips) i.e. for the purpose of reposition a pencil, fanning cards, etc...

- Ask your child to walk up and down his or her pencil



- Removing stickers is a great shift activity.
- Pulling an object attached to the end of a string. Have your child pull the entire string into the palm of his or her hand.

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