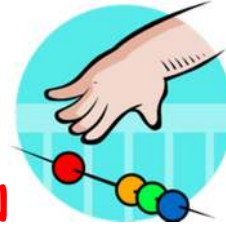


Taunton Public Schools - Department of Special Education  
Occupational Therapy



## BILATERAL COORDINATION

Your child has difficulty with bilateral coordination, which is the ability to coordinate your two hands to work together. One example of an activity that requires good bilateral coordination is cutting with scissors. Here are some suggestions for you to work on at home to improve bilateral coordination.

Origami	Folding towels participating in sports such T-
Musical instruments such as piano, drum	Ball/basketball
Shuffling cards	Catching ball
Spread butter or PB on toast	Hand clapping games such as patty-cake
Peeling banana	Making friendship bracelets
Cutting soft item	Lacing beads/lacing cards etch-a-sketch
Hanging items on a clothes line	



## SCISSOR SKILLS

Cutting activities help to strengthen the very same muscles which are needed to use a pencil

**Correct grasp:** Thumb and middle finger in the handles, index finger on the outside of the handle, ring and little finger curled into the palm. Helping hand rotates the paper

**Developmental sequence:** snip, straight line, semicircle, simple shapes, complex shapes (age 5+) start with heavy stock paper proactive open/closing scissors and start with small pieces of paper

Cut junk mail
Cut pictures out of a magazines
Cutting Play-Doh
Stabilize a small object like a tennis ball with the elbow of the scissors hand to encourage rotating the paper with the help hand