

# Balloon Twisting

As well as developing two-handed play this game gives the helper hand practice in:

Whole hand grasping

Holding

Reaching

Wrist and forearm movements

<http://research.ncl.ac.uk/hemiplegiaresearch-fungames>



This toy involves lots of two handed activity. It is also good for working on supination through holding the pump as shown and when stretching the balloon but you will need to encourage your child to try to turn the helper hand palm up.

Your child will need to select a balloon and stretch it out straight.



Then he/she will need to fit it to the pump.

Holding the balloon in place with one hand he/she should use the other hand to pump and fill it with air.



If it is too difficult for him to keep in place, you can hold the balloon while your child uses both hands to operate the pump.

When he/she has filled several balloons, your child can make some shapes using ideas from the book. You can explain to your child what to do.

If this is too difficult, let your child fill the balloons and you can then make the balloon shapes by following the instructions or even better, work together to build them!

**Have fun!**