

## Glam Gloves and Pom-Poms



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

*Whole hand grasping*

*Holding*

*Reaching*

*Wrist and forearm movements*

*Large arm movements*

*To encourage your child, you could play too using some gloves of your own, and you may like to use feather dusters or tea-towels as pom-poms.*

Encourage your child to put on the gloves. It will be easiest to put the glove on to the helper hand before putting the glove on to the other hand. You may need to help a little with this.

Ask your child to stretch out their hands and turn them over (palms up/palms down) to show you both sides of the gloves. See if your child can put the back of his/her hands flat on to the table.

If your child has some other dressing up clothes or scarves, he/she might like to put those on too!

Place the pom-poms on the table an arm's reach away from your child, one on each side. Encourage your child to stretch with both arms together to pick up the pom-poms. If possible the helper hand should pick up one of them directly from the table. Your child can make some shapes with the pom-poms – there are some ideas on the next page.

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

Here are some movements you and your child can do:



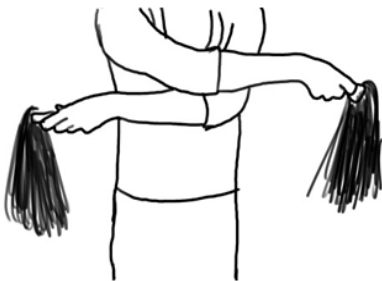
Reach up high with two hands



Reach out wide to each side



Reach one hand up and one to the side



Cross arms in front of you



Make big circles with one or both hands

Encourage your child especially to reach up high, over his/her head with the helper hand.

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