



Sew and Lace Cards

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

Thumb/finger grasping

Whole hand grasping

Holding

Releasing

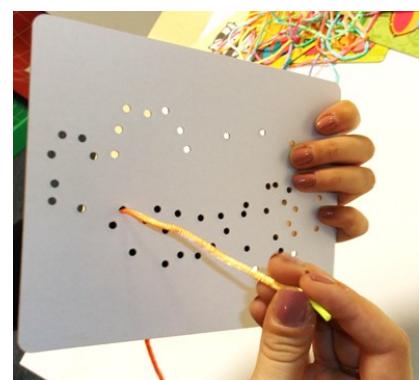
Wrist and forearm movements



Ask your child to take the cards and laces out of the box and put them on the table. Ask him/her to select a card to use and to take one of the laces from the bunch.



Your child will need to hold the card in one hand and use the other hand to hold the lace. The ends of the laces are stiffened to make them easier to fit through the holes.



Ask your child to keep hold of the card in one hand and to pass the lace through a hole to the other side. He/she will need to turn his/her wrist to see where the place is on the other side and pull it through. This is a good way to encourage wrist and forearm movements.



Your child could try swapping which hand holds the card to encourage use of the fingers of his/her helper hand to hold small objects like the thread.

We hope your child has lots of fun making these picture cards even better using coloured laces!

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