

# Visual motor skills: 24 to 36 months

## Developing hand-eye movements

As your child grows, they start to use their eyes, vision and hands together. This helps them learn how to move, play and coordinate hand-eye movements. Here are some skills to expect and ways to help your child.

## Child's skills and ways to help

### Removing lids

Child can remove a lid that twists and screws shut. You can help your child by playing with a variety of containers and lids.

- Show child how to open the container and let them try.
- Place your hands over their hands.



### Containers with lids that screw off

### Turning pages

Child is learning how to turn pages, one at a time. You can help your child by using board books with thick pages to make turning the page easier.



### Child reading a book with thick pages

### Building, stringing, sorting

#### Building:

Child can build a tower up to 8 blocks high. Show your child how to build a tall tower with as many blocks as possible. Then knock it over.

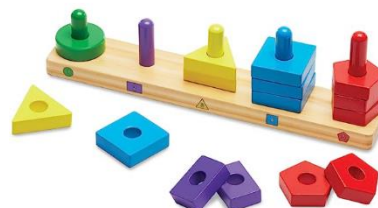
#### Stringing:

Child learning how to string beads. You can help child string 4 beads on a stiff string. You can use:

- Pipe cleaners or shoelaces in place of the string.
- Cheerios or Fruit Loops™ in place of the beads.

#### Sorting:

Help child sort objects by color. You can use many different objects, including colored cups, blocks, stickers, ring stacks, peg boards,



### Peg toy for stacking and sorting colors

## Drawing lines and matching objects

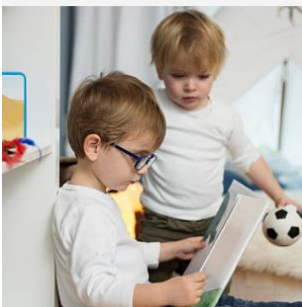
Drawing lines:

Child can imitate drawing horizontal lines on paper. Show child how to make a line from side to side.

- Practice with a crayon, marker, chalk, paint, or doodle board.
- Always make it fun!

Matching objects:

Child can match pictures to real objects. Practice pointing to a picture of a common object and then looking for it at home or outside.



**Looking at picture of a ball and finding one**

## Learning 4 body parts

Help your child learn the parts of their body by:

- Singing songs such as "Head, shoulders, knees, and toes".
- Playing games where you identify body parts on dolls or stuffed animals.

## Undressing by self

Child can undress independently. Usually needs help with the fasteners.

## Kicking and catching a ball

Kicking ball:

Child can kick a ball forward with either foot without support. Help your child learn how to balance while kicking the ball. Have them hold your hands for support while they learn.

Catching large ball:

Child can throw and catch a large ball. Practice throwing and rolling a ball back and forth to your child.

- Have your child hold out their hands.
- Stand close and toss the ball. Slowly move further away.



**Child kicking and catching a ball**

## Rehabilitation (Rehab) Services

**682-885-4063**

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.