

# Visual motor skills: 3 years

## 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

### Drawing

Child can copy vertical, horizontal lines and circles. You can help your child by:

- Tracing, copying and drawing shapes and circles.
- Drawing in sand, shaving cream, finger paint, or using chalk.



### Child drawing with chalk and crossing Popstick sticks

### Crossing shapes

Child starts to copy a cross shape. You can help your child by:

- Tracing a cross and using words such as "down, across".
- Using Popstick® sticks, strings, or pipe cleaners.

### Using scissors

Child can make cuts with child-safe scissors. You can help your child by working on the following positions:

- Elbows in near body.
- Scissors pointing forward.
- Thumb on the top of the scissor.



### Caregiver helping daughter use scissors

### Throwing ball

Child can throw a small ball overhand with one hand. You can help your child by starting with a big ball:

- Throwing ball to a target.
- Using a small hoop.
- Playing bean bag toss.
- Rolling at bowling pins.



### Bean bag toss game

## Catching ball

Child can catch a large ball thrown 5 feet away.  
You can help your child by:

- Starting close and slowly moving back up to 5 feet.
- Holding your child's hands out to help catch the ball.
- Using a balloon or lighter ball.



### Child catching large ball

## Sorting shapes

Child is starting to sort out circles, squares, and triangles. You can help your child by:

- Using shape sorters and shape puzzles and showing child the matching shape.
- Giving child 2 shapes. Cover up all but one shape (the correct shape). Help child match the shape.
- Show child how to turn the shape to match.
- Build a 3-block bridge design. Show child how to build it and let them try.
- Assemble the bottom of the bridge and let child put the top block on.



### 3-block bridge and shape sorter puzzle

## Finding items by texture

Child starting to recognize items by the feeling.

- You can help your child by providing different objects to touch such as cotton, sand, ice.

## Recognizing objects in pictures

Child can identify simple objects in pictures.

You can help your child by:

- Looking at the pictures and pointing to different objects to name.
- Naming an object when only part of it is shown.

## 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.