

Visual motor skills: 4 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

Reading and counting

- When reading point to objects and count with your child.
- When outside point, count and name objects.



Child learning to count

Recognizing colors

- Point to or name 4 basic colors.
- Ask child what color they are wearing. Point to different colors on their shirt.
- Name colors in books or on puzzles.
- Name colors on objects in the home and when outside.

Doing puzzles

- Complete a 4 to 5 piece puzzle.
- Begin by only removing 2 or 3 pieces for your child to put back. Work up to child doing the puzzle on their own.
- Put your hand over theirs to guide them to the right match.



Melissa & Doug Pets wooden puzzles

Throwing balls

- Child can throw a small ball underhand up to 5 feet, hitting a target at least 2 feet off the ground.
- Practice throwing bean bags with your child.



Children throwing bean bags underhand

- Child can kick a large ball while it is rolling away, or rolled to child from 4 feet away.

- Hold your child's hand while you practice walking or running to kick the ball as it is rolling away



Child kicking a ball

Putting on shoes

Child is learning to put shoes on the correct feet. You can help your child put their shoes on the correct feet by using "shoes clues."

- Cut a large sticker in half and put each half inside the sole of the shoe. Ask child to match up the pictures with the shoes.
- Use clues that are already on the shoe, "the unicorns on the top of your shoes like to face each other."



Example of Unicorn house slippers

Brushing teeth

Child is learning to brush teeth with horizontal and vertical motions. You can help your child by:

- Placing your hand over their hand to show how to brush all parts of their mouth.
- Be sure to let them try. You can brush after they have tried



Child brushing teeth

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.