

Visual motor skills: 5 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

Dressing and undressing

Child can dress and undress with help. Practice all stages of dressing and undressing with your child:

- Before and after bath
- With morning and night routines
- When playing dress-up

Learning sizes

Child learning about different sizes. Ask child to point to the smallest object. Start with 2 choices and work up to 3 or more choices.

Use objects with big size differences (one really big and one really small).

- Work up to using objects closer in size to make it harder.
- Household items to use include cups, pots, pillows, stuffed animals, buttons, toys.



Big and small stuffed giraffe

Sorting objects

Child can sort objects by shape, color, or size. Practice sorting with your child using buttons, blocks, legos, or colored cereal. Base sorting on 2 categories:

- Choose long, longer, and longest from a group of 3.
- Select big, bigger, and biggest and small, smaller, and smallest in a group of objects.

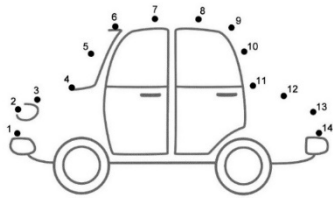
Learning shapes

Squares and dots:

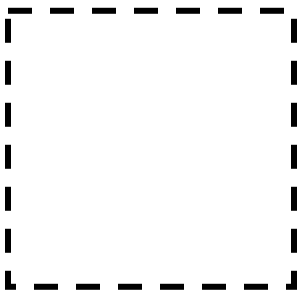
Child begins to imitate a square shape and left and right diagonal lines.

Practice tracing shapes and connecting dots to form shapes. Imitate drawing shapes.

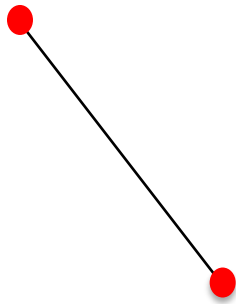
- Practice connecting dots with simple shapes such as a square, circle, triangle.
- Connect a series of dots spaced $\frac{1}{2}$ inch apart to make a simple drawing.



Connect the dots car



Drawing square shape



Connect the dots

Circles:

Cut a large circle with scissors. Start with a thick-lined circle to cut on. Slowly make the line thinner.

Drawing a person

Child can draw 3 different body parts. Show your child how to draw a person:

- Draw each body part and name it out loud.
- Point to body parts on you and your child.

Bouncing balls

Child can following moving objects. Can bounce a ball 2 to 3 times. Can catch a large ball from 3 feet away. Practice playing ball with your child.

Riding a tricycle

Set up a tricycle course for your child to pedal around. Set up baskets to pedal around. Practice making U-turns.

Always have your child wear a safety helmet. Safety habits need to start early.



Child dribbling ball and riding tricycle

Cutting food with a knife

Your child is learning how to cut foods easily with a knife.

- Use a safety knife or plastic butter knife.
- Start with easy foods, like soft fruits or vegetables that your child can hold.
- Place your hand over their hand to help.

Never leave child alone while learning to use knife.



Caregiver helping child cut food

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.