

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Top tips: Hand-eye coordination

Hand-eye coordination involves activities that require you to use your hand and eyes at the same time, for example writing or driving a car. Helping children to become adept at a range of visual movements and linking these to physical movements will support them to use cutlery, get dressed, write, play sports, woodwork and so much more.

Ten top tips to develop hand-eye coordination include:

1. Review the opportunities you offer indoors and outdoors for hand-eye coordination to ensure all children have a range of opportunities to practice
2. Encourage babies to reach for and grasp stationary and moveable objects
3. Throw and catch balls, bounce balls
4. Storybooks – reading, turning pages, pointing to items in the images
5. Threading – beads, buttons, pasta tubes
6. Pouring – sand and water into pots and containers
7. Manipulating malleable materials, such as playdough or clay
8. Mark making, drawing and painting
9. Mealtimes – using cutlery, eating, clearing away
10. Getting dressed, putting on shoes and coats.



NDNA products to support you with these tips

- Online course – [Visual Perceptual Skills](#)

And more resources at www.ndna.org.uk/hub/myndna