

## Month 5: Coordination Skills

### Objectives of this month:

1. Caregivers will learn the development of coordination skills
2. Caregivers will learn the importance of developing a hand dominance and the time frames for establishing a hand dominance
3. Caregivers will learn fun and easy ways of incorporating age-appropriate activities into their environments to encourage the typical development of coordination skills
4. Children will gain strength and coordination in their hands and fingers to improve their ability to carry out activities of daily living

### Importance of Developing Coordination Skills

- Coordination skills leads to an awareness of both sides of the body, which indicates that both sides of the child's brain are communicating with one another
- These skills are also necessary for children to develop the ability to discriminate their left from their right as well as to establish a dominant side of their body
- Having coordination skills allows the child's hands and feet to work together efficiently, which is necessary for accomplishing many activities of daily living such as walking, dressing, eating, and moving around one's environment

#### References:

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## Developmental Expectations for Developing Coordination Skills

<b>0-2 months:</b>	When a finger is placed in baby's palm, baby closes fingers in a tight grasp Baby grasps rattle and holds it for 3-5 seconds
<b>3-5 months:</b>	Baby brings both hands to midline together Baby uses left arm to reach across midline* Baby uses right arm to reach across midline Baby uses both hands to reach for a toy
<b>6-8 months:</b>	Baby reaches for a toy with right hand Baby reaches for a toy with left hand Baby shifts weight onto right side to reach for a toy across midline with left arm Baby shifts weight onto left side to reach for a toy across midline with right arm Baby transfers a toy from hand to hand Baby holds one toy in each hand
<b>9-11 months:</b>	Baby uses one hand to hold a toy and other to manipulate the toy Baby claps hands
<b>19-24 months:</b>	Child begins to show a hand preference* Child unscrews the lid of a container
<b>25-30 months:</b>	Child begins becoming successful with asymmetrical bilateral coordination activities* Child folds a piece of paper in half
<b>31-36 months:</b>	Child stabilizes the paper with helper hand when printing or cutting
<b>37-108 months:</b>	Child develops hand dominance*

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