

Touching and moving

Two-handedness



Activity: drinking

Set-up of the activity

Drinking from a cup, glass, sippy cup or bottle is usually done with two hands, which requires a symmetrical movement. This is a good exercise in two-handedness. After all, everyone drinks several times a day.

0-2

- Expose young clients to a bottle or sippy cup as early as possible by letting them touch it. Place their hands gently around the bottle or cup and lift the bottle/cup together with the client (hand-over-hand method).
- Let clients who do not yet drink independently drink from the bottle/sippy cup. Do this by placing their hands on the cup/bottle and guiding it to their mouth with the hand-over-hand method).

2-4

- Give the client different types of cups and bottles. For example, vary between sizes, shapes and one/two handles.

Points for observation and focus

- Check which cup or bottle is the easiest for the client to hold.
- Observe whether the client has sufficient hand and arm function to make the movement.
- Observe whether the client has enough muscle strength in his hands to grab the cup/bottle and hold it for a longer period of time.

Alternative materials

- Cups with handles to prevent the cup from slipping easily from his hands in case of a weaker gripping function.
- Anti-slip cups and bottles instead of smooth ones, which allows for a better grip.
- A plastic cup instead of a ceramic cup/mug. A plastic cup is lighter and less dangerous if it falls.

Can also be used in the categories

- Body awareness (BA)
- Proprioception (PC)