

HAND OVER HAND ASSISTANCE (PROMPTING)

When a student has limited ability or interest in using his/her hands in a purposeful way, the helper can assist the student by using hand over hand strategies. Consider the following steps to very gradually increase your student's active participation within hand over hand activities.

Hand over hand involves the student participating in the activity with assistance from the helper, with:

- the helper putting their hand comfortably over your student's hand and
- guiding the student's hand from 'above' (over) to complete the activity



Hand over hand assistance on the bike bars.



Hand over hand helping to wash materials after working with them.

REMEMBER TO TAKE THE FOLLOWING INTO CONSIDERATION:

RESISTANCE - A student resists movement or pulls away during a movement sequence. Sometimes a student will do this as a way to indicate "finished".

ALLOWING THE MOVEMENT - A student relaxes and goes with the flow of the movement you are directing. Most students are doing this some of the time. It may be his/her way of asking to continue with an activity.

ASSISTED MOVEMENT -Your student helps you to move her/his hand or arm, most likely in a familiar activity. Your student's participation may very gradually increase over time.

Some samples of hand over hand activities are:

- using hand tools in woods
- using the electric pencil sharpener
- pulling the cord on the vibrating toy
- colouring, cutting etc for crafts or art class. Try to use materials for craft/art projects that have lots of variety in texture (e.g. foam, pot scrubbers, pieces of sponge both natural and man made, different fabrics, egg cartons, wallpaper samples)