

ELBOW PROMPTING

There are times that you may need to 'prompt' or assist your student by prompting from the elbow.

The helper would try this technique when:

- There is a need to leave the hands free,
- When the student is unable to use his/her hands to assist in the activity.
- When a grasp is not needed within the activity/routine.

As the name implies, prompting from the elbow requires that:

- the caregiver give gentle support to the elbow
- your student's elbow will need to be flexed (bent) (as appropriated)
- the helper provides some light, downward pressure to your student's elbow (Refer to the picture below)
- the helper provides gentle guidance directed from the elbow to the activity at hand



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 examples of hand under 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)