Hand-Eye Coordination

Summary of key points:

- Hand-eye coordination is, simply, using your eyes to guide your hands.
- Hand-eye coordination is a learned skill, and developing this skill starts in childhood.
- Children need to learn hand-eye coordination for handwriting.
  - To handwrite, children must know how to write their letters and words clearly and inside the lines on the page.

Developing hand-eye coordination

1. Have your child’s vision tested
   - To develop good hand-eye coordination skills, children need their eyesight to be as good as it can be.
   - Alberta Health Services suggests that children have an eye exam when they are 6 months old, and again when they are 3 years old.

2. Play sports
   - Your child can develop hand-eye coordination skills when she plays sports where she must hold a racquet, paddle, bat or stick to hit a moving object, like a ball or puck.

3. Play games with balls
   - Catching, throwing and bouncing balls are other great ways to work on hand-eye coordination.
   - As your child gets better at catching, throwing, and rolling, he can start playing with balls that are smaller and harder.

4. Do Arts and Crafts
   - Many arts and crafts activities work on hand-eye coordination as well.
   - Your child can make jewellery out of beads, uncooked pasta or circle-shaped cereal like Cheerios.

5. Play with toys with linking pieces
   - Play with toys that have pieces that fit together.
   - This will work on their ability to build things with their hands, based on what they can see.

Parent resources:


Active for Life activities:

Toddler bubble catch: [http://activeforlife.com/activities/?actId=56](http://activeforlife.com/activities/?actId=56)
Toddler Ball Rolling: [http://activeforlife.com/activities/?actId=54](http://activeforlife.com/activities/?actId=54)
Basket catch: [http://activeforlife.com/activities/?actId=30](http://activeforlife.com/activities/?actId=30)
Basic striking: [http://activeforlife.com/activities/?actId=4](http://activeforlife.com/activities/?actId=4)
Balloon Batting: [http://activeforlife.com/activities/?actId=41](http://activeforlife.com/activities/?actId=41)
Ball Hockey for Toddlers: [http://activeforlife.com/activities/?actId=26](http://activeforlife.com/activities/?actId=26)
Hockey Shooting: [http://activeforlife.com/activities/?actId=27](http://activeforlife.com/activities/?actId=27)