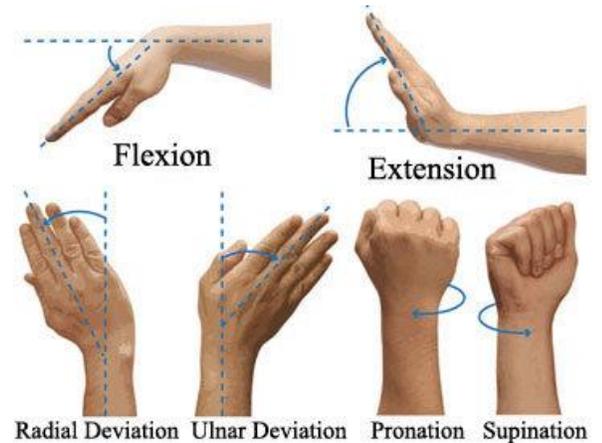


Wrist Movements

Wrist Movements

- Up (extension)
- Down (flexion)
- Side to side
 - Ulnar deviation (towards pinky finger)
 - Radial deviation (towards thumb)
- Rotation
 - Supination (palm facing up)
 - Pronation (palm facing down)



The Importance of Wrist Movements

- Wrist movements allow us to complete everyday activities such as playing, eating, dressing, bathing, handwriting, and more.

Wrist Development

- Wrist movements start to develop when children begin to reach for and hold objects. This is commonly seen during play and feeding.
- Here are some common milestones for self-feeding that require wrist movements:
 - Holds own bottle between 5.5 months and 9 months old.
 - Finger feeds self between 9 and 12 months old.
 - Holds spoon between 9 and 12 months old.
 - Brings spoon to mouth (turns spoon over) between 12 and 15 months old.
 - Holds and drinks from cup with some spilling between 12 and 18 months old.
 - Scoops food, feeds self with spoon with some spilling between 15 and 24 months old.
 - Holds spoon in fingers (palm up) between 24 and 30 months old.
 - Uses fork between 30 and 36 months old.

Home Activities to Work on Wrist Movements

Scoop and Dump Play

- Use a large bin, box, container, or bowl to place items in.
- Find items in your home to place inside. This can be food or non-food items that are safe to explore such as:
 - Rice or quinoa
 - Beans
 - Dry noodles
 - Sugar or brown sugar
 - Popcorn kernels
 - Jellybeans
 - Corn
 - Coffee grounds
 - Dry cereal
 - Oats
 - Marshmallows
 - Flour
 - Beads or buttons
 - Cotton balls
 - Sand
 - Rocks or pebbles
- Use kitchen utensils, measuring cups, bowls, and cups for your child to explore the items with.
- Encourage your child to scoop and dump the items.
- You can even work on scooping and dumping with water during bath time.
- This activity also works on wrist rotation which is important for self-feeding.
- This is also a great sensory activity that allows children to explore touching different items.



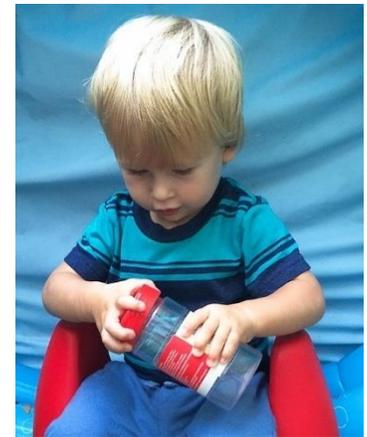
Playing with Foods

- Exploring during mealtimes and practicing self-feeding is a great way to work on wrist movements.
- Allow your child to use utensils to work on wrist movements required for feeding.
- You can even let your child help you make foods by allowing them to stir and scoop ingredients.



Opening Jars and Lids

- Save empty jars and containers for your child to play with.
- Lids that twist on and off are great for working on some of these wrist movements. Some examples of jars and containers to use are:
 - Peanut butter jars
 - Water bottles
 - Milk jugs
 - Tupperware containers
 - Empty prescription containers
- Encourage your child to open and close the lids.
- You can even fill the jars and container with items and have your child dump them out.



Patty Cake

- Sing the patty cake song with your child and encourage them to complete the hand motions that go along with it. This is a great way to work on different wrist movements.

Patty cake, patty cake, baker's man.
Bake me a cake as fast as you can.
Roll it and pat it and mark it with a "b".
And put it in the oven for Baby and me.



Give Me Five

- The fun greeting of “give me five” is a great way for children to move their wrists in different ways.
- Remember, you can move your hand in different areas to challenge your child. Some suggestions are up high, down low, and to the side.

Spatula Games

- Use the spatula from your kitchen to make up some games or activities for your child.
- Items you can use with the spatula include cut out pieces of paper or cardboard, lids from containers or jars, buttons, coasters, small books, pieces of food, or any other objects in your home.
- You can even decorate the items by coloring or drawing on them to make it look like different food items such as cookies or eggs.
- Encourage your child to transfer the items with the spatula from the table and onto a cookie tray or different item.
- Have your child try to flip the items over with the spatula (as if they were making a pancake) to pretend they are cooking.
- Try having your child carry the items on the spatula and across the room – you can even make this a race.
- Come up with your own games and activities with the spatula. Challenging your child to hold different items on the spatula and flip items is a great way to work on different wrist movements.



Carrying Items on a Tray

- Encourage your child to carry items on a tray – they can even pretend they are working in a restaurant!
- If you do not have a tray, you can try using a larger plate, cookie sheet, or piece of cardboard from a box.
- Place different items on the tray such as dishes, Tupperware containers, empty jars and containers, small boxes, small books, food, sponges, coasters, or anything else in your home.
- Encourage your child to carry the tray different ways so they use different wrist movements (ex: hold onto the sides of the tray or place hands underneath the tray with palms facing up).



Playing with Cards

- Flipping over cards is a great way to work on wrist rotation.
- Give your child a deck of cards and have them play with them by flipping the cards over.
- If you do not have a deck of cards, you can always make your own cards. Just use cut up pieces of paper or cardboard and draw on them. You can draw simple pictures, shapes, letters, or numbers on the cards.
- Make up your own games by sorting and matching the cards or playing a game of memory. This can be a fun way to learn colors, shapes, letters, or numbers.
- Remember to encourage your child to flip over the cards with one hand to work on rotating their wrist.



Bottle Cap Board

- Keep your empty plastic water bottles for this activity.
- Cut off the top part of your plastic water bottles.
- Glue the tops of the water bottles onto a piece of cardboard.
- If you want to work on learning numbers or letters, you can write them on the cardboard and on the bottle caps. This is a great way to learn numbers and letters by matching.
- Encourage your child to twist the bottle caps on and off to work on those wrist movements.



Sensory Bottles

- Keep your empty water bottles or food containers – it is best if these are see-through bottles.
- Fill up your bottle with different objects such as:
 - Dry pasta
 - Popcorn kernels
 - Rice or sprinkles
 - Beans
 - Beads or buttons
 - Water
 - Hair gel or shampoo
 - Baby oil
- Glue or tape the bottle closed to ensure your child cannot open it.
- Allow your child to shake the sensory bottle to hear the different noises and watch the objects move around.
- Encourage your child to flip the bottles and shake them around to use different wrist movements.



Drawing and Coloring

- Using crayons, markers, pencils, or pens to draw and color with can help work on different wrist movements.
- Use scrap paper, newspapers, magazines, or cardboard boxes for your child to draw and color on.
- Encourage your child to move their wrist and fingers and draw and color.
- Remember, you can sing songs such as The Wheels on the Bus to help your child draw lines and circles.
- Tip: drawing or coloring on an elevated surface (such as an easel or slant board) can help place the wrist in extension (wrist up) which promotes a mature pencil grasp.



Playing with Lock and Key

- If you have an extra lock and key in your house, let your child explore playing with this item.
- Encourage your child to place the key into the lock and twist it to open the lock.
- This works on different wrist movements and is a great cause and effect game.



Please be sure to supervise children during these activities. Some of the items in these activities may be a choking hazard or may not be edible.

References

- Amanda. (2014). Discovery bottles for baby [Photograph]. Messy Motherhood.
<https://messymotherhood.com/discovery-bottles-for-baby/>
- ARTnews. (2020). [Drawing on easel] [Photograph]. ARTnews. <https://www.artnews.com/art-news/product-recommendations/best-chalk-easels-for-kids-1234571980/>
- Crafty Moms. (2020, August 30). *A great way to recycle* [Video]. TikTok.
<https://vm.tiktok.com/ZMe7CSyvA/>
- Elaine. (2019). [Toddler carrying tray] [Photograph]. Family Fecs.
<http://www.familyfecs.com/2011/08/fishing-123s.html>
- Karim, D. (2014). [Wrist movements] [Photograph]. ResearchGate.
<https://www.researchgate.net/post/Is-pronation-supination-a-movement-part-of-the-wrist-or-the-forearm>
- McIlroy, T. (n.d.). *10 Fun clapping games for kids in preschool*. Empowered parents.
<https://empoweredparents.co/clapping-games-for-kids/>
- McIlroy, T. (n.d.). [Hand clapping games] [Photograph]. Empowered Parents.
<https://empoweredparents.co/clapping-games-for-kids/>
- Nicole. (n.d.). [Lock and key] [Photograph]. Montessori Parenting.
<https://www.thekavanaughreport.com/2018/06/a-lock-and-key-montessori-young-toddler.html>
- Parks, S., & VORT Corporation. (1994). *HELP charts (birth to 3 years): Hawaii early learning profile*. VORT Corporation.
- Roux, T. (n.d.). [Holding a tray] [Photograph]. OT Mom Learning Activities. <https://www.ot-mom-learning-activities.com/wrist-extension.html>
- Semerda, U. (2015). Containers [Photograph]. SensoryLifestyle.
<https://www.sensorylifestyle.com/toddler-activities/top-activities-16-month-old-toddler/attachment/containers/>

South Warwickshire NHS Foundation Trust. (n.d.). *Fine motor skills*. NHS.

https://www.swft.nhs.uk/application/files/7714/5995/2571/fine_motor_skills.pdf

Susie. (2019). Oatmeal sensory bin for toddlers [Photograph]. Busy Toddler.

<https://busytoddler.com/2019/12/oatmeal-sensory-bin/>

Susie. (2017). Toddler math game: Card sort [Photograph]. Busy Toddler.

<https://busytoddler.com/2017/09/toddler-math-game/>

Wilcox, D. (2016). [Toddler eating] [Photograph]. Avera. [https://www.avera.org/balance/childrens-](https://www.avera.org/balance/childrens-health/lets-eat-helping-kids-develop-good-eating-habits-part-1-toddlers/)

[health/lets-eat-helping-kids-develop-good-eating-habits-part-1-toddlers/](https://www.avera.org/balance/childrens-health/lets-eat-helping-kids-develop-good-eating-habits-part-1-toddlers/)

This resource was created in 2021 by Caitlyn Janeda as part of a Doctoral Capstone Project for Slippery Rock University's Doctor of Occupational Therapy Program.