

Hands programme

Week 3

Aim: Child will tolerate their hands being opened and patted on different textures and will feel warm and cold on their palms.



Materials: Bowls of water, bowl of warm custard, towel, wool glove, fur glove, wash mitt, sheet of sand paper, fur, bubble wrap, cotton wool, massage cream.

1. Tell the child what is going to happen, and make sure that he is in a suitable and comfortable position.
2. Make sure materials are at hand.
3. Massage hands gently and encourage opening of hands.
4. Place hands in bowl of custard. (warn child first)
5. Place hands in bowls of warm and cold water. Encourage child to open hands at all times.
6. Place child's hands in variety of gloves and wash mitts.
7. Open hand flat so that palms can be patted onto a variety of materials. Give experience of hand patting on sand paper, fur, bubble wrap and cotton wool.
8. Finish session with hand massage.

Some suitable oils for a hand massage could include – vegetable or olive oil, aqueous cream, baby oil or moisturiser. Use your child's own cream and always check for allergies.

