

## Parent Instructions for Spooning Exercise

**Material:** Tray  
2 small, low, identical bowls  
Content such as dry beans  
Small, well balanced spoon

**Purposes:** Visual Motor Coordination  
Fine Motor Coordination  
Preliminary Exercise

### Steps:

1. Invite the child.
2. Walk to the shelf.
3. Take the tray and show how to carry it; then put it back.
4. Ask the child to carry the tray to the table.
5. Take the spoon with subdominant hand and place it on the dominant hand.
  - a. Take the spoon from the tray with pincer grip.
  - b. Position it on the other hand; rest the head on the pad between the thumb and pointer fingers.
  - c. Hold the spoon with three finger grip, (three fingers touching).
6. Hold the bowl with grains with subdominant hand and take some grains with the spoon, rotating the wrist toward you.
7. Move the spoon toward the other bowl, parallel to the bowls and keeping it leveled in between the two bowls.
8. Tilt or incline the spoon with a wrist motion to empty it.
9. Repeat steps 7-9 until done with all the grains. Get those last grains without tipping.
10. Repeat several times the exercise of scooping and pouring from one bowl to the other.
11. Invite the child to repeat the exercise.
12. Fade and observe the child.
13. When completed, return the child and give any necessary help to ensure the material is returned to the proper place.

### Other Exercises:

- Fill the spoon as much as possible
- Take very little spoonful
- Count how many spoonful there are
- How many spoons without spilling
- Show how to use soup spooning and how to spoon away
- Change grains getting them smaller
- Use measuring spoons (4-5 years)

**Notes:**

- Do not put this exercise out for the first couple of weeks.
- Make sure you have a balanced spoon.
- Make sure that the combination of the two bowls, the grains and the tray are not too heavy or too unwieldy.