

Checklist for adults using the programme:

Step 1 – Choose the right level

You need to complete the 'Choosing the right level for your child' questionnaire form first as this will guide your next steps.

You can also use the videos, including the 'Where should I start' video.

Step 2 - Introduction

Watch the introductory videos

- ☐ Introduction to the programme
- ☐ How to run the FMS programme
- ☐ (And if running groups – Using the programme with groups)

Step 3 – Education videos

Before you start the programme with any child you need to watch the education videos up to the level that the child you are working with will need. For example, if the child is going to be working at Level 3 then you need to have watched all of the videos from Level 1, 2 and 3. If the child is going to be working on the Pencil Grip or Scissor Skill Programmes you need to have watched Level 1 and both sections of Level 2.

<p><i>Level 1 – Introductory Concepts</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Postural control part one and two <input type="checkbox"/> Posture when seated <input type="checkbox"/> Tactile (touch) discrimination <input type="checkbox"/> Proprioception introduction <input type="checkbox"/> Proprioception (optional video if required) <input type="checkbox"/> Finger isolation <input type="checkbox"/> Development of Hand Grasps <input type="checkbox"/> Hand strength <input type="checkbox"/> Midline <input type="checkbox"/> Bilateral integration 	<p><i>Level 2 – Pencil Skills</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Thumb flexion and position <input type="checkbox"/> Two sides of the hand <input type="checkbox"/> Pre-writing skills <input type="checkbox"/> Pencil grasp development <input type="checkbox"/> Pencil grasp alternatives <input type="checkbox"/> Hand dominance <input type="checkbox"/> Left handedness <input type="checkbox"/> Handwriting other tips (optional, relevant if working with children aged 6+)
<p><i>Level 2 – Scissor Skills</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Scissors introductions <input type="checkbox"/> Left handed scissors <input type="checkbox"/> Different types of scissors <input type="checkbox"/> Cutting skills 	<p><i>Level 3 – In-hand Manipulation</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Rotation <input type="checkbox"/> Translation <input type="checkbox"/> Shift <input type="checkbox"/> Visual perception
<p><i>Level 4 – Other Tips</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Impulsivity and Planning 	

Step 4 - Preparation

- ☐ Decide when you will do the programme with your child or group of children, and if relevant which adults will be supporting the child/ren.
- ☐ You can use the activity plan to help to decide on which activities you will do in each session.

Step 5 – Run the programme

- ☐ Watch the instructional videos for the activities you have planned to do.
- ☐ Complete the activities with the child/ren as shown and when you have planned.
- ☐ Monitor the child's progress against the recommended targets for the activity/worksheets.

Step 6 – Update the plan

- ☐ Update your activity and worksheet plan, moving to new activities and worksheets as the child meets the activity targets.
- ☐ Repeat steps 5&6 until the child has met the targets for all activities and worksheets.

Step 5 – Review child's progress

- ☐ When you reach the end of activities you can use the 'Choosing the right level for your child' form again, to review your child's progress. Our hope is that they will have progressed forward to the next level.
- ☐ You can also use the Excel goal tracking sheet to monitor their progress if needed.