

Checklist for adults using the programme:

Step 1 – Introduction videos

Before you start the programme with any child you need to watch the level one and two education videos. These can be found on your homepage, they include:

<i>Education videos– Level 1 – Introductory Concepts</i>	<i>Education videos – Level 2 – Pencil Skills</i>
<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	<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 for children 6 years and older)

Step 2 – 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.
- ☐ Complete the initial (pre/review) assessment form with the child/ren.
- ☐ If required, complete the worksheet assessment packs.
- ☐ Make a two week activity and worksheet plan, deciding on which activities you will do in each session.

Step 3 – Run the programme

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

Step 4 – Update the plan

- ☐ Update your activity and worksheet plan, moving to new activities and worksheets as the child meets the targets.
- ☐ Repeat steps 3&4 until the child has met the targets for all activities and worksheets.

Step 5 – Review child's progress

- ☐ Complete the initial (pre/review) assessment again, using the review column to show the child's progress. If you are running the programme over a long period you can complete the initial assessment periodically to measure progress.