



# Hand Fidgets

## What Are They?

Fidgets use the sense of touch for the hands and are often small objects children hold and fidget with using their hands. Examples are stress balls, koosh balls or hair elastics. Fidgets for children with FASD are often referred to as "Listening Helpers".

## Who Would Benefit from Using Hand Fidgets?

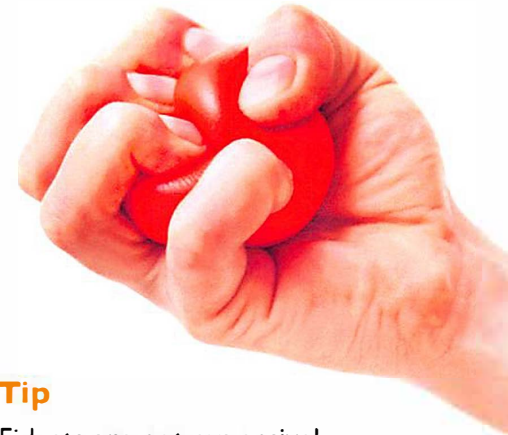
- Children with attention and focus difficulties. Using fidgets may help during activities requiring a lot of concentration such as waiting in line, watching a movie, listening to a lecture or sitting during a visit.
- Children with a strong need to touch everything.

## Why Use Hand Fidgets?

Hand fidgets help keep your child's hands busy and out of trouble. They provide a small, quiet object to meet your child's need for touching without harming or distracting others. Giving your child something to hold in their hands allows them to focus on the activity while meeting their need to touch.

## TIPS FOR USE

- Use small, quiet, safe objects as fidgets.
- Fidgets come in different textures, shapes, and sizes. **Ask your occupational therapist for suggestions on fidgets that may work for your child.**
- At the beginning, keep fidgets with you to give your child when they are having trouble focusing or keeping their hands to themselves. Teach them how to use them correctly. Over time, children will become more independent with their use and learn to ask for one or find one themselves.
- Remind your child that fidgets are tools to help them listen and focus, and not toys to be used for throwing and bouncing.
- Make sure fidgets you and your child choose are not distracting to others.
- Keep fidgets in an easily accessible area.



## Tip

Fidgets are not expensive!

Many can be purchased at dollar stores or made at home.

**Make fidgets at home:** Try filling a balloon with sand or flour to make a stress ball.



Elastics



Koosh Ball

**For More Suggestions and to Ask if it Matches Your Child's Needs, Ask Your Occupational Therapist!**



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