

My early throwing and catching skills

Age: 8–18 months

Resources:

Objects which are easier to catch, such as a softball, small pillow, balloon, a ball with a bell inside or soft sponge bag.

You may want to consider using:

Lightweight objects – these travel slower and have reduced impact

Objects which create sound – bell balls

Increasing the visibility of objects and considering colour contrast

Tips:

Remember to consider the environment. Depending on your child's specific needs, they may find it a little more difficult outdoors rather than indoors where light levels can be controlled. Be mindful of this when throwing and catching.

Activity:

- **Sit with your child** in a supported position. You may want to have two adults for this; one to sit with your child and the other to roll the ball.
- **Count to three** or say '**Ready, steady, roll**,' before rolling the ball or item. This will give your child time to notice the direction the ball is coming from and learn to anticipate the item coming towards them.
- You can **support your child** by guiding their hands towards the ball and helping them to catch it. Talk to your child and support them to roll the ball back to the other person. Try to keep your language consistent, using the same phrasing '**Ready, steady, roll**'.



Notes:

Please supervise your child at all times while completing any of the activities outlined on this sheet. Stop any activity if your child becomes upset, unwell or you are unsure if you are completing it correctly.

The activities on this card align with stage 2 of the [Developmental Journal Babies Visual Impairment \(DJVI\)](#)

If you would like any further advice or support, please contact the advice line on **0800 7811444** or via email children@guidedogs.org.uk