Hand-Under-Hand Guidance

Hands are very important for a learner who is deafblind. They provide a means of gathering information and interacting with the world. They help a learner participate in activities, stimulate curiosity, and independence.

Using a hand-under-hand approach is a non-intrusive way to support a learner to explore and use their hands rather than taking the learner’s hands and moving them through an action or activity.

Supporting a learner using a hand-under-hand approach includes:

- Inviting a learner to put their hands on top of your hands to feel what you are doing or to grasp an object. Slowly rotate your hands so the learner is introduced to the object or activity.

- Exploring objects by bringing objects up and under a learner’s hands. Gradually withdraw your hands until the learner’s fingers touch the object being explored.

- Modeling the hand skills within routines and activities you wish the child to acquire (e.g., reaching, pointing, exploring an object, handwashing).

- Continuing to do what you are doing if the learner withdraws their hands, and then reinviting the learner to participate.

For more information, please contact anyone at:
California Deafblind Services — http://www.cadbs.org/
San Francisco State University
Department of Special Education
1600 Holloway Avenue, San Francisco, CA 94132
Phone: 415-405-7558    Email: mbelote@sfsu.edu

Companion video about Hand-Under-Hand:
https://youtu.be/DcERQWPnc2Y