

Hand-Over-Hand vs. Hand-Under-Hand



Hands are gently guided from underneath, allowing the individual to explore and participate as they choose

Hand-Over-Hand

- Forces individuals to touch new/unfamiliar items and textures
- Is intrusive and disrespectful
- Requires them to complete tasks unnaturally and rushed
- Is insensitive to their timing and how they process information
- Doesn't make participating an option (passive recipient)
- Can cause stress and distrust

Hand-Under-Hand

- Gives individuals a sense of control
- Respects individuals' hands
- When comfortable, individuals can explore independently
- Allows them to move at their own pace
- Individuals can be an active participant
- Connection
- Allows you to do things **WITH** them, not **TO** them