



# THIS MONTH IN OCCUPATIONAL THERAPY

with Mrs. Atkinson

December 2014

## Deck the Halls

By this point, your child has taken home a handful of projects they have completed in Occupational Therapy. I hope you have enjoyed seeing your child's skills develop as we work on their hand and finger strength and coordination through coloring, cutting, lacing, printing and drawing. Heading into December Break, we will have completed "Frog Jump" upper case letters (F E D P R N and M) and have worked weekly on copying their first name using upper case letters (these letters are easier to form than lower case). At this point, your child should be able to name the parts of a writing line (top, middle and bottom) and should be attempting to use the writing line to size and place letters. They should also be able to position scissors correctly in their dominant hand and hold paper with the other hand to cut on a straight line. During the break, please find time to practice these skills. And of course, enjoy your time together celebrating the holidays!

## What Your Child Will Be Working On:

### Motor Skills

- Continuing to strengthen upper back, neck and shoulder muscles to give them a "stable" base of support during fine motor activities
- Continuing to strengthen wrist, hand and finger muscles to allow them to color, cut, draw, print and manage clothing fasteners
- Working on using two hands/arms at the same time to perform bilateral tasks like tracing and lacing

### Writing Skills

- Working on printing their first name from memory with accurate letter formation
- Continuing to work on placing letters on a writing line
- Practicing curves by building snowman and snowballs with curved pieces
- Introduction to "Magic C" upper case letters C G O & Q



## Types of Activities We Will Be Doing

- **Fine Motor Precision, Coordination and Bilateral Skills:** working on special holiday gifts for caregivers, complete with festive gift bags and cards
- **Writing Skills:** Practicing printing first names in "snowflake" glitter, foam snow and with playdoh and making letters C & G with foam pieces and pretend paper

*A Happy, Healthy &  
Safe Holiday To You  
& Your Loved Ones!*



## What YOU Can Do At Home:

### Let It Snow!

- Paper snowflakes are adorable decorations for the holidays, and work on bilateral and fine motor skills like folding and cutting. Make a winter wonderland!

### Rocking Around The Christmas Tree!

- Homemade garland is inexpensive and so pretty. Use fish wire or sewing thread and child-safe plastic needs to lace Cheerios, Fruit Loops, beads, sequins or popcorn to make garland.

### Do You Want To Build A Snowman?

- Snow play is a great sensory motor activity. Make snow angels, shovel, build a snowman, have a snowball fight. All are wonderful ways to work on strengthening and coordination.

### Practice These Concepts At Home:

- This month we are working on these lines/shapes/letters:
  - Continuing to work on letters in first name
  - Letters: C G O and Q
- Talk about where the letter is on a writing line, how to draw the letter and practice making the shape with shaving cream, play doh, crayons, makers, etc.

Remember, you can find tons of OT activities and resources on my personal webpage at:

[www.AnOTMom.weebly.com](http://www.AnOTMom.weebly.com)