



THIS MONTH IN OCCUPATIONAL THERAPY

with Mrs. Atkinson

October 2014

Welcome to a New School Year!

September was a great month! Occupational Therapy services started on September 15, 2014. Most of the month was spent building a relationship with your child so that the transition from the classroom to the therapy room is smooth and effortless. The first few therapy sessions were used to get idea of your child's baseline skills if they were new to the building and what skills they have improved on or loss over the summer if they have had OT before. You should have gotten an OT Caregiver Information form that listed your child's OT times for the 2014-2015 school year. This form also had a section for you to fill out with your contact information so I can contact you if and when needed. Thank you to all the parents who filled this out!

What Your Child Will Be Working On:

Motor Skills

- Strengthening upper back, neck and shoulder muscles to give them a "stable" base of support during fine motor activities
- Strengthening wrist, hand and finger muscles to allow them to color, cut, draw, print and manage clothing fasteners
- Improving speed and accuracy of finger movements to allow them to make accurate strokes when coloring, cutting, drawing and printing
- Improving eye-hand coordination so that they are better able to copy letters, numbers and words and cut, trace and color in a given area.

Writing Skills

- Learning about the parts of a writing line
- Learning about how lower case letters are placed on a writing line (tall, small and fall)
- Learning how to use these concepts to print:
 - Copying first and last name from a model onto lined paper
 - Learning how to form and position these letters on a writing line: c o a e d g q



Types of Activities We Will Be Doing

- **Sensory Motor Play:** lots of arm and shoulder work through crawling, climbing, pushing and pulling. We will be using tunnels, mat walls, the platform swing and scooterboards.
- **Fine Motor Play:** strengthening those fingers with rolling tissue paper to make autumn leaves; using tweezers to decorate our pumpkin cookies; coloring, cutting and pasting fall worksheets and crafts
- **Writing Skills:** using the Alphabet Stretch to learn letter placement then learning how to apply this concept to pencil/paper tasks.



What YOU Can Do At Home:

Get To The Playground

- Before it gets too cold, get to the playground and encourage your child to climb ladders and rock walls; cross the monkey bars and crawl under platforms to work on upper body strength

Rake Those Leaves!

- Raking is a great body and arm workout. Jumping in them is a messy, but awesome tactile experience, too!

Modify Your Pencil Box

- Use golf pencils or crayons broken in half to encourage good grasp patterns

Use Everyday Tools

- Use tweezers and clothespins this month to play games with small objects—like sorting pom-pom balls by size/color

Do Crafts on the Weekend

- Do a simple color, cut and paste craft on the weekend. Sites like www.dltk-kids.com have great ideas and printables. Work on coloring in the lines and filling in all the "white spots"

Carve That Pumpkin!

- Child-safe pumpkin carving kits have perfect tools for working on hand strength, finger precision and eye-hand coordination

Practice These Concepts At Home:

- This month we are working on these lines/shapes/letters:
 - Letters in first and last name
 - Letters: c o a e d g 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.