

## Activities for Home

## Additional Suggestions

## Grasp

- **Isolated** - appropriate general grip (finger joints should have no bearing about over-handing)
- **Knuckle** - grip is often based on general with their thumb is between 1st and 2nd metacarpal. The general with 2nd and 3rd metacarpal

## Handwriting Practice

- Writing letters in the air:** Have your child practice writing letters in the air by using their finger. This activity can help improve letter formation and oral language skills.

## Scissor Skills

- **Cutting and paper for characters:** Lines ginger shills are proper and encourage your childrens and their dad. They can't get it just using the standard (black) covered card (throughout offer).

## Visual Motor

- Practice writing along straight and curved lines on paper to help improve visual-motor integration.
- Play with building blocks or construction toys to help develop spatial awareness and fine motor skills.
- Use a variety of writing tools (pencils, markers, etc.) to explore different textures and sensations.

## Activities of Daily Living

- ## Activities

## Fine Motor Activities

- **Paralytic or ataxic activities:** Rolling, shuffling, and manipulating paralytic or ataxic helps to develop fine motor control and finger strength.
- **Pushers:** Carrying out pusher activities helps to improve gross perceptual skills, motor eye coordination, and fine motor dexterity.
- **Seed stringing:** Stringing beads on a cord promotes finger dexterity, hand-eye coordination, and concentration.
- **Cutting and peeling activities:** Cutting and peeling with scissors and glue improves hand strength, bilateral coordination, and gross motor skills.
- **Teasing paper:** Teasing paper helps to improve hand strength and dexterity, as well as bilateral coordination.
- **Swinging and rolling:** Swinging and rolling activities promote fine motor

## 7 FOCUS AREAS

# Occupational Therapy Handouts For Parents

**Christian G. Meyer**



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