

PARENT EDUCATION

For Occupational Therapy

- What to Know about - **Heavy Work**

Definition: Heavy work is any activity that involves pushing, pulling or carrying. It gives our bodies what they require attention and focus and makes us calm.

Heavy work can be completed before tasks that require focus to help increase sensory regulation and attention.

Examples of Heavy Work:

- Carrying groceries
- Carrying the laundry basket
- Moving furniture
- Pulling a weighted sled with toys
- Cleaning windows and floors
- Wind-proof rope
- Pull a wagon
- Push someone on a swing
- Pushing a shopping cart



- How To Develop - **Ocular Motor Skills**

Definition: Ocular Motor Skills are the ability to use eye movements to engage in everyday tasks and activities.

A child with ocular motor difficulties may exhibit frequent head movements, jerky eye movements, and have poor balance. Ocular motor difficulties are often associated with sensory deficits.

Activities to Improve Ocular Motor Skills:

- Follow a flashlight on a wall with your eyes.
- Balance a ping pong ball and catch it in a cup.
- Trace and catch a ball.
- Pop balloons with your hand and fingers.
- Get in balance beam.
- Play Simon Says.
- Toss bean bags to targets.
- Play marbles.



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