

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 need to improve attention and focus and makes us calm.

Heavy work can be completed before, after, or during a task to help increase sensory regulation and attention.

Examples of Heavy Work:

- Carrying groceries
- Carrying the laundry basket
- Moving furniture
- Pushing a stroller filled with toys
- Cleaning windows and floors
- Laid push-ups
- Pull a wagon
- Push something 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 oculomotor difficulties may exhibit frequent head movements, jerky eye movements, and have poor balance. Ocular motor difficulties are often correlated 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
- High fives with your hand and fingers
- Dot in basketball
- Play Simon Says
- Load train bridge in blocks
- Play tag



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Table of Contents Occupational Therapy Parent Handouts Preschool

1. Understanding the eBook Occupational Therapy Parent Handouts Preschool
 - The Rise of Digital Reading Occupational Therapy Parent Handouts Preschool
 - Advantages of eBooks Over Traditional Books
2. Identifying Occupational Therapy Parent Handouts Preschool
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Occupational Therapy Parent Handouts Preschool
 - User-Friendly Interface
4. Exploring eBook Recommendations from Occupational Therapy Parent Handouts Preschool
 - Personalized Recommendations
 - Occupational Therapy Parent Handouts Preschool User Reviews and Ratings
 - Occupational Therapy Parent Handouts Preschool and Bestseller Lists
5. Accessing Occupational Therapy Parent Handouts Preschool Free and Paid eBooks

- Occupational Therapy Parent Handouts Preschool Public Domain eBooks
- Occupational Therapy Parent Handouts Preschool eBook Subscription Services
- Occupational Therapy Parent Handouts Preschool Budget-Friendly Options
- 6. Navigating Occupational Therapy Parent Handouts Preschool eBook Formats
 - ePub, PDF, MOBI, and More
 - Occupational Therapy Parent Handouts Preschool Compatibility with Devices
 - Occupational Therapy Parent Handouts Preschool Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Occupational Therapy Parent Handouts Preschool
 - Highlighting and Note-Taking Occupational Therapy Parent Handouts Preschool
 - Interactive Elements Occupational Therapy Parent Handouts Preschool
- 8. Staying Engaged with Occupational Therapy Parent Handouts Preschool
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Occupational Therapy Parent Handouts Preschool
- 9. Balancing eBooks and Physical Books Occupational Therapy Parent Handouts Preschool
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Occupational Therapy Parent Handouts Preschool
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Occupational Therapy Parent Handouts Preschool
 - Setting Reading Goals Occupational Therapy Parent Handouts Preschool
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Occupational Therapy Parent Handouts Preschool
 - Fact-Checking eBook Content of Occupational Therapy Parent Handouts Preschool
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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