

# OCCUPATIONAL THERAPY Activities for Home

## Additional Suggestions

## Handwriting Practice

## Grasp

- Model appropriate pencil grip (show your child how to hold your own pencil).
- Encourage your child to hold a pencil with their thumb, index, and middle fingers, and support the pencil with their ring and little fingers.

## Scissor Skills

- Cutting out paper for characters: Create paper dolls or paper and encourage your children cut them out. This can be a fun way to develop fine motor skills and imagination play.

## Visual Motor

- Practice cutting along straight and curved lines on paper to help improve visual motor integration.
- Play with ExoLink blocks or connect cubes to help develop spatial awareness and fine motor coordination.

## Activities of Daily Living

- Create a visual schedule for morning and bedtime routines and encourage your child to follow it as much as possible.

7 FOCUS  
AREAS

## Fine Motor Activities

- **Playdough or clay activities:** Rolling, shaping, and manipulating playdough or clay helps to develop fine motor control and finger strength.
- **Puzzles:** Completing puzzles can improve visual perceptual skills, hand-eye coordination, and fine motor dexterity.
- **Seed stringing:** Stringing beads or seeds promotes finger dexterity, hand-eye coordination, and concentration.
- **Cutting and pasting activities:** Cutting and pasting with scissors and glue improves hand strength, bilateral coordination, and visual-motor skills.
- **Tearing paper:** Tearing paper helps to improve hand strength and dexterity, as well as bilateral coordination.
- **Drawing and coloring:** Drawing and coloring activities promote fine motor control and hand strength.

# Occupational Therapy Handouts For Parents

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## **Occupational Therapy Handouts For Parents:**

## **Occupational Therapy Handouts For Parents** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Occupational Therapy Handouts For Parents**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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