



Home Exercise Program for Parents

Occupational Therapy

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Sensory System

The sensory system includes the brain, sensory neurons, and neural pathways. This is how we process and perceive sensory information that comes from the outside world and within our bodies.

We all have an optimum level of stimulation in which the information is received in a productive manner. At times there are overloads or low stimulation, these are known as sensory processing difficulties.

The eight senses include: visual, auditory, olfactory, tactile, vestibular, proprioceptive, gustatory, interoception.



Ideas for home activities for proprioceptive feedback:

- Squeezes, bear hugs, and massages.
- Crawl: on hands and knees.
- Run: play tag with your child.
- Catch and throw: use a lightly weighted ball or beanbags.
- Carry heavy objects: groceries, books, boxes, laundry bags.
- Push and pull: use laundry basket, wagons, toy boxes.
- Separate resistance toys: Legos, elastic toys, resistance bands
- Play-dough: play with play-dough by rolling and squeezing, make fun shapes.

Ideas for home activities for vestibular feedback:

- Jump, hop: use a trampoline, jump rope, or hopscotch.
- Swing
- Twirl
- Ride a bike, scooter, or tricycle.
- Climb: kid-friendly rock climbing, or visit your local playground.
- Hike, swim, run.

Ideas for home activities for touch feedback:

- Use textures or fabric for your child to touch and play with.
- Play with sand, squishy balls, play-dough, or slime.

Fine Motor Skills

Fine motor skills are important because they are an essential part of a child's development. These are the purposeful movements that are controlled by muscles of the fingers and hands. With fine motor skills, a child has the ability to reach for objects, grasp and hold, voluntarily release objects, manipulate objects, dexterity, and bilateral use of hands.

Use the following activities to help your child strengthen and reduce or eliminate fine motor difficulties.

Activities:

- **Nuts and bolts:** Using nuts and bolts, help your child twist and turn the nuts and bolts to tighten and then loosen them.
- **Tracing Rainbows:** Print pages with designs of shapes, letters, numbers, or words and ask your child to begin with the lightest color and advance to the darkest color to create a rainbow effect.
- **Puzzles:** Puzzles are a great activity that focuses on improving fine motor skills and problem-solving skills. Start with simple puzzles with basic shapes and progress to more complex ones. Always remember to have fun!
- **Build towers with blocks:** Using blocks, teach your child to stack one on top of the other. Don't let the tower fall! You can use Legos or any item you have readily available such as erasers or cups.
- **Using clothespins,** have your child use the thumb and index finger to open and close the clothespin and place them on a paper plate or on a hanging rope/ribbon. You can also write letters or numbers and place in order.



Home Exercise Program: For Parents & Caregivers

DO THE "ANIMAL WALK"

jump like the frog: Squat down like the frog, jump as high as you can, repeat until you reach the other side of the room!



walk like a crab: With your hands and feet on the floor, stomach and head towards the sky, raising your hips, move like a crab! Be careful and use all your strength!



walk like the bear: With your legs and hands straight and your head down, walk around making the sound of the bear, "Grrrr"!



EXERCISES WITH THERAPUTTY/PLAY-DOUGH

Guide your child to complete the following fun figures with theraputty or play-dough.

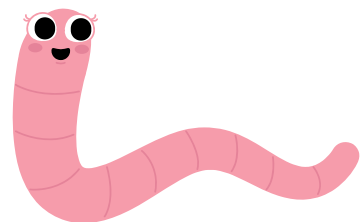
With both hands, twist and twist the play-dough to form a super tornado!



Use both hands, and stretch and roll the play-dough into a bouncy ball!



Now, crush, roll, then stretch out the play-dough and form a wiggly worm!



CREATE AN OBSTACLE COURSE!

Using pillows, boxes, cushions, chairs, sofas, tunnels, or tables build your personal obstacle course. You can include stations in which your child has complete a task, for example: jump three times, draw a circle, count to five or twirl. Remember, keep it fun!

QUESTIONS?

Remember, each child is different, talk to your pediatrician or occupational therapist to determine the best plan for your son or daughter.

If you have questions or would like to learn more about occupational therapy, contact us!

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Resources:

<https://michelledot.com/pediatric-occupational-therapy-resources-in-spanish/>

<https://www.seattlechildrens.org/globalassets/documents/for-patients-and-families/pfe/pe2717s.pdf>

<https://www.teacherspayteachers.com/>

<https://therapyfunzone.net/blog/>

<https://www.yourtherapysource.com/>

<https://www.exceptionallives.org/>

<https://www.aota.org/>

<https://www.handyhandouts.com/>

www.growinghandsonkids.com/