

Week of April 6th- April 10th

Motor Monday

It's the beginning of the week, time to start off OT week with Motor Monday! Today is all about fine motor activities.

What are fine motor skills? Fine motor skills refer to your child's ability grasp and manipulate objects with age appropriate grasping pattern. Without exposure to manipulating and grasping materials your child does not work on improving the strength of the small muscles in their hand (often we refer to as distal hand strength).



This website is a great resource on ideas to add some fine motor activities into your day today!

<https://www.theottoolbox.com/improving-pencil-grasp-with-fine-motor/>

Tactile Tuesday

Happy Tactile Tuesday! Today we are talking about the tactile system. The tactile system is only one component of our sensory system and it plays a very important role; as it is our sense of touch and how our sensory system processes this sense to our brain.

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When we touch something it sends this information to our brain to identify the texture, temperature, pain, etc. Today we are only focusing on the textures!

This video highlights great ideas of making your own sensory bins at home with household materials and other ways to explore tactile play.

<https://www.youtube.com/watch?v=zxfN-duEu98>

Wardrobe Wednesday

It's the half way point of the week and we are talking about your child's wardrobe, in particular fasteners!



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In OT, fasteners are often targeted as they increase your child's independence with dressing. If they are able to complete buttons, zippers, snaps and velcro; they will be more independent and feel confident!

If your child is not ready for fasteners, there are great ways they can work on pre-fasteners skills. These resources provide information on how to assist your child with fasteners and if they aren't ready activities you can work as pre-requisite skills.

<https://theinspiredtreehouse.com/kids-clothing-fasteners/>

<https://www.theottoolbox.com/teaching-kids-how-to-button-self-help-skills/>

Two-Hands Thursday

Thursday, it's almost Friday! Today, we are talking about the importance of using two hands together. Often your OT will call this "bilateral hand skills." Our bilateral hand skills are very important to develop as we can use two hands together in midline (in front of us). You can incorporate this often if your child is helping you fold laundry, gathering materials to play, playing with toys, stabilize paper as they write on paper, or cutting with scissors. Your child might do this already and you may not have noticed!



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Why is it so important? When your child is able to use their hands together at the same time it indicates that both sides of the brain are sharing information to each other effectively.

Here are a few websites that offer printables to work on precutting skills and cutting simple shapes.

<https://www.3dinosaurs.com>

<http://therapiststreetforkids.com>

Finger-Isolation Friday

Happy Friday! Today we are targeting isolating our finger movements. By improving fine motor dexterity through isolating finger movements your child will develop more refined fine motor manipulation skills.



This website is a wonderful resource to explain the importance of dexterity in your child's development.

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<https://www.theottoolbox.com/fingerprint-art--fine-motor-finger-isolation/>

That's the end of our OT week! I hope you have a wonderful Spring Break! Be on the look out I will be sharing a fun spring craft over the break!