

4/13 Parent Letter

Hi folks. I hope you all had a wonderful Easter. It was such a beautiful day and I hope you were able to get out a bit. I know I took the opportunity to walk the beach while the sun was out.

This week we are going to talk about ways to manage your child's extra energy when you are all cooped up together and you have no idea how to bring that energy down for sitting and learning. I know I have given you some activity ideas already, but did you know that one of the best ways to calm your child is to have them help you with household chores. That's right! I am giving you permission to tell your child, "OT said that you are to help me with some things around the house." Now of course, **you don't want to leave them unsupervised** as they do your bidding, but not only will they get the heavy work their bodies crave, they will also feel like they are contributing to the family. That makes them feel important, so make sure you praise their efforts. So here are some heavy work activities that they can do around the house:

- Sweep the kitchen floor
- Vacuum supervised
- Carry laundry baskets, supervised if going upstairs.
- Wipe down counters and tables
- Carry out garbage
- Push chair in
- Help empty dishwasher
- Dry pots and pans and put away
- Help carry and put away groceries
- Mop the floor
- Clean up items off the floor- I make this into a game, "Let's see how fast we can clean this floor. On your mark. Get set. Go!"
- Make beds and plump up pillows
- Help to shake out wrinkles from clothes coming out of the drier

Like I said earlier, don't forget to praise, praise, praise your helper and say, "Boy I am so glad you can help me".

This week's handwriting is going to be the **letter 'e'** for first and second and **'making sentences'** for third, fourth, and fifth with the handwriting forms I am sending out. If you can't print them, you can still practice making the letters and sentences on regular paper. The older group can also practice 'e' if they are showing poor formation. I always tell kids 'e' is special because it is the only letter that you make going to the side first. We talk about "baseball e", because you hit the ball to the right and then run around the bases. I have kids hold the arms out straight, with their hands clasped and have them do the letter formation in the air by pretending to hit the ball to the right and then making the curve around above their head. This action helps them remember the movement. On the lwtears.com site you can see them use this language.

The sentence sheet is good practice for making sentences with spacing and correct sizing. I am including an alphabet model for them to use. With spacing I tell kids to imagine there is a meatball between each word. For sizing I tell kids to check that your **letters are tall, small, or fall**. If a child has a habit of making a letter incorrectly, I will often put the alphabet in front of them with that letter hi-lighted to increase their attention to it. The student checks for that specific letter with emphasis on how many they got right versus wrong. For example, "All right, today you got 4/6 letter 'g's placed correctly" versus saying, "You got two 'g's wrong. Of course, they will have to fix their mistakes. Always make sure they are using a pencil with a decent eraser.

Please let me know how things are going. We are using Gotomeeting as a virtual platform and I have found it is difficult to see children's work with this site. If you have a cell phone with a camera, you can take a quick snap of your child's work and send it to hfherty@town.hull.ma. I can use Gotomeeting to check in with students and parents if you are comfortable with this virtual platform. Please let me know if you would like that. Otherwise, I can continue to send e-mails and or call you. With the school closing extended, we are trying to keep up skills, but I don't want to

overburden anyone as I know there is a lot going on with classes. Let me know if you have any questions and I will get back to you ASAP.

Hartley Faherty OTR/L