

4/21 OT Parent Letter

I can't believe we are already on to week six. Hopefully, everyone continues to be healthy and happy. There are a lot of great games out there for kids that help kids with strength and dexterity of their hands. You probably already have some of these games. Some good games to play are:

- Perfection
- Battleship
- Any games with little pieces and counting squares like Candyland
- Checkers
- Operation
- Hungry Hippo
- Connect 4
- Lite Brite
- Jacks

You can easily put together this fun activity that will work small hand muscles. All it requires are aluminum foil, a bowl, tongs if you have them, and small toys or building pieces like Legos. What you do is you cut out squares of aluminum foil that are big enough to wrap these little items in, so they are hidden in aluminum balls. Put one item in each ball. You then put the balls in a bowl in front of the child. Your child can either sit at a table or lie tummy down with the bowl in front of them. I encourage prone positioning on a rug, because now your child has to hold up their neck and head, which also helps strengthen their bodies. The child uses the tongs or their hand to grab an aluminum ball. With their hands, they open the balls and pull the toys out. You want the aluminum tight enough to require a good hand work out to get them open, but not so hard that they get frustrated. I would say that if your child has been working on opening the ball for more than a minute, you're making them too tight. After uncovering the item, they go for the next ball in the bowl. After all the items are pulled out, they can play with the toys or build with them. Kids really enjoy this game, because it is fun to see what is hiding in the foil.

This week's Handwriting Without Tears practice is going to focus on letter f and number 9 for first and second graders and irregular verbs for third through fifth graders. If you do not have a printer, your child can also benefit from just following the steps of formation on regular paper or in other ways, like writing with chalk outside, writing in sand with a stick, or writing in shaving cream on cookie pans. Formation of letters and numbers is a top down approach. This formation allows students to write with less energy output and to write faster.

Please let me know how it is going. We are expected to keep addressing your child's IEP goals and unless we can get feedback, we can't comment in our progress notes if they are meeting their goals.

Take care,

Ms. Faherty OT