Occupational Therapy Home Program

Please have your child work on the selected activities for at least 10 minutes 3 days per week.

- Have the child imitate lines, shapes, letters or words in shaving cream or finger paint.

- Insert pegs into a pegboard placed on a vertical surface using isolated finger movements.

- "Feed" or withdraw a pipe cleaner through a snug opening in a piece of cardboard.

- Rotate a pencil from the writing to the erasing position.

- Take the top of a pen off using only one hand.

- Pick up five coins or buttons and store them in the palm of the hand, then move them out to the fingertips one at a time and place them through a slit in the container (one at a time).

- Provide the child with legos, snap blocks, and other manipulative or construction toys for playing.

- Have the child place clothespins on the edge of a jar or container.

- Use the thumb and index finger to pop "bubble wrap" (used for packaging).

- Punch holes in index cards using a hole punch.

- Crumple tissue or a paper using only one hand.

- Play tug-of-war with small objects (plastic coffee stirrers, paper clips, etc.)

- Squeeze the trigger of a spray bottle with the index and middle fingers while holding the bottleneck with the thumb and other fingers.

- Roll small balls of clay, play dough or theraputty between the thumb and index/middle fingers while holding the ring and pinkie fingers flexed and still.

- Snap fingers while keeping the ring and pinkie fingers flexed.

- Place forearms on the table with the palms down. Pick up small objects (beads, coins, and cheerios) with the thumb, index, and middle fingers and bring them into the palm. Do not use the ring and pinkie fingers.

- Turn a row of pennies from head to tails using both hands.

- Pick up fragile objects (cornflakes, marshmallows) with tweezers without breaking them.

- Have the child make a perfect circle with the tip of his thumb and index finger. Then place you fingers into the circle and try to pull it open. Do this with each finger.