



# Occupational Therapy

Betty Maddalena Early Learning Center

2019-2020 School Year



# Meet our OTs

Katie Hedlund, MS, OTR

“Miss Katie”

Jeff Weiler, MS, OTR

“Mr Jeff”

# What is School-Based Occupational Therapy?



1. Support academic achievement and social participation by promoting occupation within all school environments.
2. Target specific areas of difficulty, break down and/or modifying the task, promoting generalization of new skill across all environments.

# What does OT Work on in the Preschool Setting?



- Attention
- Play skills
- Functional use of objects (hair brush, crayons)
- Following routines and directions
- Taking turns, keeping track of turns, sharing
- Developing and utilizing consistent hand preference
- Fine motor skills development
- Bilateral hand use
- Grasping patterns on writing utensils and small objects
- Scissor skills
- Coloring and handwriting skills

# Requested attire for OT



1. ATHLETIC SNEAKERS ONLY with tie or velcro closure and non-skid rubber sole
2. Comfortable clothes your child can easily move in
3. If child is wearing dress or skirt, please have them wear shorts under
4. CLOTHES THAT CAN GET DIRTY (please send in a smock labeled with your child's name to use during messy activities if you prefer)

# Activities to Complete at Home with Your Child

Even if they do not receive OT!

1. Finger painting
2. Write name/draw in shaving cream (on table, outside)
3. Coloring/writing with chalk on ground (outside) or board
4. Water “painting” outside
5. Write child’s name on chalkboard, have them “erase” it with water following lines for correct formation
6. Making/playing with slime, play doh, silly putty, kinetic sand
7. Playing cooperative games, taking turns (talking about colors, shapes, etc.)
8. Going to the park and climbing on equipment
9. Making letters of name out of play doh
10. Freeze dance/Simon Says/Hokey Pokey