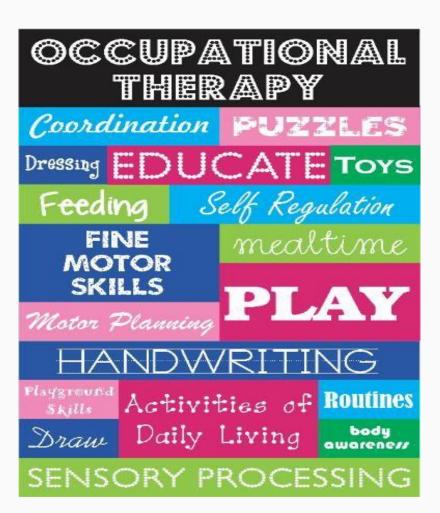




Occupational Therapy

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
- Write child's name on chalkboard, have them "erase" it with water following lines for correct formation
- 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