OCCUPATIONAL THERAPY ADVICE SHEET

CONTENT LIST

• Advice for a child with Hemiplegia
  o Activities for a child with Hemiplegia

• Ball Skills
  o Ball skills advice sheet – for younger child
  o Ball skills advice sheet – for older child

• Bike Riding Advice
  o Bike riding tips

• Cognitive Strategies
  o Attention and concentration
    ▪ Improving concentration an attention within the classroom
    ▪ Ideas to help child concentration (sensory thresholds)
  o Organisation Skills
    ▪ Organisation skills – basic
    ▪ Preparing for secondary school – basic
  o Activities to reduce impulsive and rushing behaviour

• Developmental co-ordination disorder
  o Strategies for DCD children at home

• Fine Motor Skills
  o Bi-manual skills
    ▪ Bilateral integration (Comprehensive)
    ▪ Bimanual working activities (Basic)
    ▪ Developing bimanual skills (pre-school)
  o Hand Dominance
    ▪ Developing hand dominance
  o Hand-eye Coordination
    ▪ Hand-eye coordination activities
    ▪ Hand-eye coordination
  o Handwriting Skills
    ▪ Developing early digital grasp
    ▪ Developing handwriting – General information
    ▪ Developing pencil grasp
• Activities as a sensory moto perceptual skill – General information
• Handwriting – Heavy pressure
• Handwriting – Light pressure
• Handwriting Preparation
• Handwriting tips – Comprehensive
• Handwriting – Writing flow
• Increasing upper limb tone for writing
• Letter formation advice
• Pencil control
• Pre-writing skills

  o In-hand manipulation skills
    • Developing in-hand manipulation
    • Finger movements – develop awareness
    • Finger strength and joint stability
    • Grip and pinch strength
    • Hand strengthening exercise with therapeutic putty
    • Improve hand strength and fine motor skills
    • In-hand manipulation
    • Pencil aerobics

  o Scissor skills
    • Developing scissor skills
    • Pre scissor skills
    • Scissor skills (general early progression)

  o Fine motor activities (basic)
  o Fine motor co-ordination (general advice for younger and older children)

• General Information
  o Reduce effects of a tremor
  o Strategies for helping a child with motor planning dysfunction

• Gross Motor Skills
  o Balance Activities
    • Activities to improve balance
  o Core Stability Activities
    • Animal walks
    • Working in prone with the gym ball
  o Motor Co-ordination
    • Activities to improve motor coordination skills
    • Motor skills programme
  o Postural Control and Muscle Tone
    • Increasing muscle tone
- **Posture control for the younger child**
  - **Upper Limb Activities**
    - Elevated UL activities relaxing the trunk and arms in preparation for activity
  - **Perception**
    - **Body and Spatial Awareness**
      - Activities to help awareness of body and spatial awareness
      - Body image – spatial awareness
      - Position in space, spatial relations, sequencing
      - Spatial perception
    - **Figure ground and form constancy advice**
      - Figure ground advice
      - Form constancy
    - **Visual perception and motor integration**
      - Visual and sequential memory
      - Visual closure
      - Visual motor integration
      - Visual perception
  - **Self Care ADL**
    - Cutlery skills
      - Caring cutlery purchasing details
    - Dressing skills
      - Dressing skills – basic
      - Dressing skills booklet – comprehensive
      - Fastening buttons
      - Tying shoelaces