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## HOME ACTIVITIES

### Mealtime:

- ❖ Before the meal, look at your child's position. Are their hips, knees, and ankles at or close to 90-degree angles? Are their feet flat on the floor? Or positioned on a footrest?
- ❖ Decrease distractions when eating. Turn off the TV and discourage visitors at this time.
- ❖ Eat with your child.
- ❖ Let your child explore food with hands for more tactile input.
- ❖ Use old seasoning bottle to put small foods in (cereal, raisins, etc.). This develops wrist rotation when unscrewing lids and when dumping contents out.
- ❖ Use a variety of straws to improve oral musculature.
- ❖ Hand small foods to your child to improve pincer grasp.
- ❖ Help your child pour their own drink from a small measuring cup with a handle to develop hand-eye coordination and improve gradation of movements.
- ❖ Keep milk, water, and juice in the refrigerator where they can reach it and cups in the cupboard where they can reach them to encourage more independence. Put the liquids in lighter jugs.
- ❖ Encourage scooping out food onto their own plate.



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### Dressing:

- ❖ Work on identifying clothes; "Where are your socks? Where do your socks go?"
- ❖ Encourage independence. Start putting on or taking off an article of clothing and allow them to finish.
- ❖ Opportunity to work on body parts, big/little concepts, and choice making.
- ❖ Work on balance skills by having them stand on one foot when placing leg in pants and putting on socks and shoes.
- ❖ Talk through what you are doing and talk through what they are doing; "I am taking off your sock" or "You are taking off your sock"



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#### Alone Playtime:

- ❖ Keep few toys visible. This helps your child to concentrate on one toy for a longer period of time.
- ❖ Have an area for your child to go where it's quiet. Fill the area with blankets, pillows, or anything else that is comforting to your child.
- ❖ Toy ideas:
  - Musical instruments-develop the use of two hands
  - Pretend play toys (kitchen area, dollhouse, tool bench, dolls, trucks, etc.)
  - Hammer toys-improves grip and arm strength
  - Shape sorters
  - Interlocking puzzles-improve visual perceptual skills and problem solving skills
  - Legos-improves grip strength, hand-eye coordination, imagination
  - Blocks-improves visual perceptual skills and 3 dimensional skills
  - Ring stacks
  - Whistles-strengthens oral musculature
  - Velcro fruits and veggies to cut
  - Scooter board



#### Playtime with Adults:

- ❖ Wheelbarrow walking (support at hips initially)
- ❖ Simon Says
- ❖ Hide and Seek
- ❖ Spin in a chair
- ❖ Pretend play
- ❖ Books-look at books while laying on stomach to improve upper body strengthening and attention
- ❖ Photo albums-encourage pointing to and identifying people or objects
- ❖ Push-ups and Sit-ups
- ❖ Finger paint
- ❖ Play Dough
- ❖ Bike riding-show your child how to push the pedals



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- ❖ Crafts-i.e. coloring, stickers, stamps, make necklaces, finger puppets, collages
- ❖ Swimming
- ❖ Marching
- ❖ Playgrounds:
  - Swing
  - Hang from the trapeze bar or suspended ladder (be prepared to catch them)
  - Slide-improves strength, balance, and coordination
  - See-saw- stimulates vestibular system and improves balance
  - Climbing equipment-improves strength and coordination
- ❖ Ball play-use different sized balls; roll, kick, kick the ball to knock over a tower of blocks, throw balls into a basket, practice overhand and underhand throwing, prepare your child to catch by counting to 3 before throwing
- ❖ Oral Motor Play-blow pens; blow cotton balls, tissue paper, etc. off your hand using a straw; whistles; use a mirror and encourage sticking tongue out, up, and side to side



#### Daily Chores:

- ❖ Children love to feel needed and love to help their parents around the house. Find a way to safely involve them.
  - Put wet clothes in dryer
  - Sort clothing by type or color
  - Wipe table or floor
  - Set table with non-breakable dishes
  - Toy vacuum and broom
  - Push chairs up to table after meals
  - Push grocery cart/stroller at store
  - Pull blankets and sheets off of beds



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Bath time:

- ❖ Sponges-squeeze to improve grip strength, squeeze on different body parts to improve identifying
- ❖ Use cups, bowls, spoons, and bottles to improve dumping/filling, empty/full concept, and upper extremity coordination
- ❖ Use bath tub paints or shaving cream to practice drawing shapes



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Night time:

- ❖ The following tips will help your child relax and fall asleep easier:
  - Turn lights down a few hours before bedtime
  - No TV right before bed
  - A warm bath
  - Eliminate “rough and tumble” play before bed
  - Slow, soft music
  - Reading books together
  - Slow rocking forward and back
  - Lay under a heavy beanbag or blanket



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