OCCUPATIONAL THERAPY ADVICE SHEET

CONTENT LIST

- Advice for a child with Hemiplegia
 - Activities for a child with Hemiplegia
- Ball Skills
 - Ball skills advice sheet for younger child
 - Ball skills advice sheet for older child
- Bike Riding Advice
 - Bike riding tips
- Cognitive Strategies
 - Attention and concentration
 - Improving concentration an attention within the classroom
 - Ideas to help child concentration (sensory thresholds)
 - Organisation Skills
 - Organisation skills basic
 - Preparing for secondary school basic
 - o Activities to reduce impulsive and rushing behaviour
- Developmental co-ordination disorder
 - Strategies for DCD children at home
- Fine Motor Skills
 - Bi-manual skills
 - Bilateral integration (Comprehensive)
 - Bimanual working activities (Basic)
 - Developing bimanual skills (pre-school)
 - Hand Dominance
 - Developing hand dominance
 - Hand-eye Coordination
 - Hand-eye coordination activities
 - Hand-eye coordination
 - 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
- 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
- Scissor skills
 - Developing scissor skills
 - Pre scissor skills
 - Scissor skills (general early progression)
- Fine motor activities (basic)
- Fine motor co-ordination (general advice for younger and older children)
- General Information
 - o Reduce effects of a tremor
 - Strategies for helping a child with motor planning dysfunction
- Gross Motor Skills
 - Balance Activities
 - Activities to improve balance
 - Core Stability Activities
 - Animal walks
 - Working in prone with the gym ball
 - Motor Co-ordination
 - Activities to improve motor coordination skills
 - Motor skills programme
 - 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
 - <u>Visual and sequential memory</u>
 - Visual closure
 - Visual motor integration
 - Visual perception
 - Self Care ADL
 - Cutlery skills
 - o Caring cutlery purchasing details
 - Dressing skills
 - Dressing skills basic
 - Dressing skills booklet comprehensive
 - Fastening buttons
 - Tying shoelaces