

The School-Based OT's Back to School List for Parents & Teachers

If you are reading this, it is likely that you have a special someone in grade school that may need a little help getting through the school day. Below is a list of 11 items that may help your kiddo at school or even at home during homework time. Many of these are quick fixes to larger problems that may need to be further addressed, but this is a good starting point. Have a look & see more at <http://bit.ly/backtoschoolOT>

1. Three different types of pencils

Giving a student options allows them to find the pencil or other tool that they feel most comfortable with.

2. Small or broken crayons

Small or broken crayons can help to develop fine motor skills and an appropriate grasp on writing utensils.

3. A fidget (not a toy)

A fidget is something that can be manipulated mindlessly. Think the rubber band on your wrist that you “play” with.

4. Accordion file folder

This type of filing system can be easier to use than a 3-ring binder for kids who already have a rough time organizing.

5. Something appropriate to chew

Chewing can have a relaxing effect, but gum is often discouraged at school. Find a straw or chewable pencil top.

6. Stickers

Use them as a reward for homework or incorporate them into the homework. “Place the sticker on the word ‘cat.’”

7. Stylus

When ever your child is using a tablet, I recommend you provide them a stylus. This helps with refining a pencil grasp.

8. Earplugs

It can get loud and overwhelming at school. Ear plugs or headphones with music can help kids in some cases

9. A Box

Kids often cant reach the ground in adult chairs. Provide them with a box or stool to help them support themselves while seated.

10. Disc'O'Sit

This “wobble cushion” allow your student to move while at the table or when seated on the ground.

11. And my personal favorite, Words of Encouragement!

Send them off to school with a sweet note in their lunch pail to read later.

To see pictures of these items, visit <http://bit.ly/backtoschoolOT>

