

Early Childhood Educational Support Tips

OT Support

- Encourage cutting/ scissor with adult supervision and engage in the following
 - Beading
 - Peg number board
 - Unified cubes
 - Flipping pages of a book
 - Jumbo building blocks
 - Crayons/ colorings
 - Circle, vertical line, horizontal line
 - Puzzles
- Opening milk carton, folding paper, unscrewing caps
- Building projects (legos, make a bird house, gardening, crafts, cooking, pumpkin carving/cleaning)
- Gathering fruit

Speech Support

- Point to your mouth and use facial expression o demonstrate correct sound
- Increase hydration- mandatory 5 sips of water before going on playground
- Decrease allergens- reduce amount of dust related items (aerosols , pest asides, lint, air fresheners)
- Tell parents to use utilize free public resources (library, YMCA, free school summer programs, free concerts, art and craft festivals)
- Eat healthy (decrease sugar, increase fruits veggie's, no soda and chips)
- Eat meals together and talk about your day
- Decrease noise (turn off TV, iPads, phones)

PT Support

- Participate in community walkathons/marathons (walk for a cure)
- Hiking trails and exploring
- Engage in many physical activity (tennis, parks, basketball, soccer, baseball)

Behavior Support

- Encourage child to follow directions when given
- Teach self control
- Teach child responsibility (house hold chores, consequences for behavior)