



OT Mom Learning Activities

In association with



TheHomeschoolHub

Overview of the OT Mom E-Books™

Support Your Child's Bilateral Coordination Skills

Bilateral coordination skills play a **vital role** in many **fine motor and gross motor** activities.

Skills such as cutting with scissors, eating with a knife and fork, catching a ball, skipping and jumping, all require good bilateral coordination.

If you want to **support your child's development** of this vital skill, then try my download full of Bilateral Coordination Activities!

You will receive more than **24 pages of photographed activities** to help your child.

There are activities for hands and arms, activities for legs and feet, bilateral activities in the kitchen, with a therapy ball, chores that use bilateral skills and **much, much more!**

In addition, this **55 page e-book** also comes with a **goal and activity planner**, as well as **tips and guidelines** to help you plan activities to suit your child.



Fun Shoulder Girdle Exercises

Do you want to give your child the best possible **foundation for handwriting**, by working on **upper body strength and stability**?

Does your child have **poor fine motor skills** as a result of **poor shoulder girdle stability**?

This printable resource will provide you with **20 pages of photographed exercises** that may help your child develop better shoulder girdle stability.

The exercises include weight-bearing exercises, pushing and pulling exercises, exercises with a therapy ball, and chores that may help build shoulder girdle strength.

In addition, there are lots of **information pages** to help you, as well as a **goal and activity planner**.



Help Your Child Develop Better Core Strength

Does your child need to work on **core strength** but you have **no idea where to start**?

Are you looking for **fun** core strengthening exercises that your child will actually enjoy?

My Core Exercises for Kids download will give you **more than 20 pages of photographed exercises** and activity ideas.

There is also lots of **helpful information** about core strength and core stability and how it can help your child at school.

In addition, this **49 page e-book** also contains a **goal and activity planner** to help you incorporate the activities into your child's routine!



Support Your Child's Fine Motor Development

Do you want **practical activities** to develop your child's **fine motor skills**?

Are you **tired of lists** of suggestions that don't tell you **HOW** to do the activities?

My Fine Motor Activities download will give you lots of helpful information and **more than 24 pages of photographed activities** to support your child's fine motor skills development.

The activities include ideas for working on hand strength, in-hand manipulation, finger skills, pencil control, wrist position and more!

In addition, this **69 page resource** provides a **goal and activity planner** to help you incorporate the activities into your child's routine



The Pencil Grip E-Book

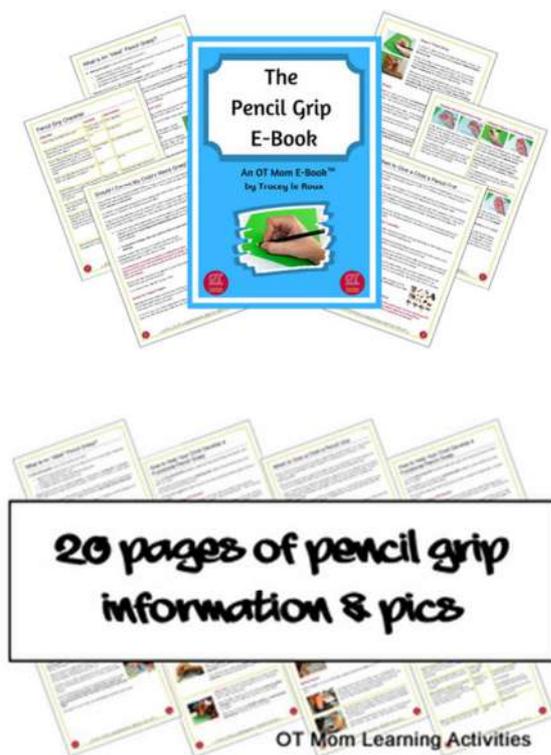
Do you have questions about your child's pencil grip, or about what constitutes a poor pencil grip?

This printable resource aims to help by answering common questions that teachers and parents have about how a child should hold a pencil.

Many people think that the **dynamic tripod grip** is the only functional way to hold the pencil, but in reality, there are some **variations on the tripod grip that can also be functional** – I show these in my e-book.

In this download, you will find photographed examples of **pencil grasp development** with a brief explanation of each stage in development. I also provide photographs of **dysfunctional pencil grasps**, with some feedback on what could possibly be causing the poor grip.

Although this is not an activity resource, some **general guidelines** to promoting optimum pencil grasp are provided.



Master Scissor Skills

Is your child struggling to cut neatly with scissors?

Do you want to teach your preschooler how to cut with scissors but don't know where to start?

My **33 page scissor skills** e-book will help answer your questions!

There are **4 basic steps** to learning to cut with scissors.

These are **covered in detail** in my e-book, along with photographed activities to help your child master each step.

In addition, there are **tips, activities and a checklist** that are found only in the e-book. I have also provided some photos of ways in which kids may struggle with cutting out, and I offer some practical advice that parents and teachers can use to assist these kids.

*My Fun Cutting Templates Pack was **designed to supplement** my Scissor Skills E-Book. It will provide you with a host of cutting printables to help you put into practice the tips in the scissor skills e-book.*

*Although the Cutting Templates are now sold individually, I strongly recommend that you get them with the Scissor Skills E-book, and for this reason, I offer a **heavily discounted bundle deal** of the two books together.*



Awesome Cutting Practice Printables!

Does your child need more scissor cutting practice?
Are you struggling to find good scissor cutting templates?

OT Mom's compilation of fun cutting templates will give your child lots of cutting practice with lovely end products to build your child's confidence!

There are **19 different scissor cutting crafts**, all with photographed instructions and a variety of templates - **over 50 templates** in all!

Suitable for a range of skills - from preschoolers who are just learning to use scissors, all the way to early elementary kids who need more practice with their scissor skills.

Starting with simple snipping activities, the templates will enable your child to learn to cut on straight lines and then to cut out shapes.

All the activities are photographed so you and your child can see what you are working towards!

This resource was **designed to be used in conjunction with the Scissor Skills E-Book**, as the order of the cutting templates follows the steps of teaching your child how to cut with scissors.



Christmas Cutting Practice Printables!

Do you want to give your child more scissor cutting practice using a Christmas theme? Are you struggling to find good scissor cutting templates?

OT Mom's nativity-themed Christmas cutting templates will give your child lots of cutting practice with lovely end products to build your child's confidence!

There are **17 different scissor cutting crafts**, all with photographed instructions and a variety of templates - **over 40 templates** in all!

Suitable for a range of skills - from preschoolers who are just learning to use scissors, all the way to early elementary kids who need more practice with their scissor skills.

Starting with **simple snipping activities**, the templates will give your child practice with **cutting on straight lines** and then with **cutting out shapes**.

All the activities are photographed so you and your child can see what you are working towards!



It is important to note that my website and e-books are NOT a substitute for occupational therapy. If your child is struggling, please get an occupational therapy evaluation to get to the bottom of the problem. You can use the activities to supplement whatever therapy your child is already receiving, but please do check with your child's therapist first.

Thank you for your interest!