



OT Mom Learning Activities

In association with



TheHomeschoolHub

Frequently Asked Questions

Which Of OT Mom's Activities Will Help My Child?

The type of activity to focus on will depend on the skills that you think your child still needs to learn.

Use the navigation bar /menu of my website to find different categories of learning activities that may help your child.

All of the activities on my site have a **specific focus**. By **understanding how** each activity builds the necessary skills, you will know that you are really helping your child develop the necessary skills.

This page contains an overview of the basic activities that can build skills for reading and writing:

<https://www.ot-mom-learning-activities.com/preschool-learning-activities.html>

Do I Need A Kindle To Use The OT Mom E-books™?

No, these e-books come in **PDF format**, so they are opened, saved and read on your PC/laptop/tablet like any other document.

No Kindle Required!

Once you have downloaded the e-book and saved it to your computer ([follow these instructions](#) if you need help), then you can access the e-book **whenever you like**, in order to **read** it or **print** it out.



Some people have **printed out** each e-book in its entirety and placed them in a **binder** for easy access.

Some people find it easier to read the e-book on their computers and just **print selected pages**.

Others access them from their **tablets**. You may save the e-book to a travel device/memory stick to use at work as well as at home.

What Ages Of Children Are The OT Mom E-Books™ Aimed At?

Most of the activities have been demonstrated / photographed using kids aged about 5-8 years old, but are also suitable for older and younger children, **depending on their individual abilities and/or delays**.

The e-books were written to help children develop a good foundation for school skills, so preschool children were kept in mind for most of the activities

Younger Kids: most of the activities are suitable for younger children, depending on their abilities. I recommend that you introduce activities in a **playful manner**, and enjoy them as time spent with your child. If your child struggles, take a break and come back to the activity at a later stage, perhaps after trying some of the easier activities in the e-books.

Older Kids: older children who are struggling with gross and fine motor skills can still benefit from activities in the e-book. However they often respond better to the activities being done as an **exercise routine** (eg 10 snake curls and 10 donkey kicks in the morning) as opposed to a fun playtime activity that mom initiates with younger kids.

Older kids are also able to understand the reasoning behind the exercises, so do take some time to explain the benefits of each activity/exercise and the importance of doing it correctly. Fine motor skills can also be addressed by certain activities being assigned as daily exercises before handwriting/homework sessions.

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.

How Do I Know Where To Start?

If your child is currently receiving any kind of intervention or has undergone an occupational therapy assessment, **please consult with your therapist** regarding which activities are best suited to your child's abilities.

My advice is usually to start with what you know your child can already do (or almost do), and/or with what interests them, and then work on activities that are more challenging after that.

*As every child is different and has been exposed to different environments and resources, I can't really say where to start for a specific child. The e-books are a **guideline for exposing your child** to activities to help his/her development, based on resources you may have at hand.*

The activities in each e-book have been approximately categorized according to aims. There are a range of activities given in each category, usually not in any particular graded order, so you can **choose activities that fit your child's interests and skill level and/or the resources that you have on hand.**

Examples using specific OT Mom E-Books™

Fine Motor Skills: The activities are categorized according to the developmental aims - starting with hand strength and hand dexterity and then moving on to finger exercises. So an older child with weak hands may start with hand strength activities, and a younger child with reasonably strong hands but who struggles to isolate finger movement could start with the dexterity exercises and move onto finger exercises. The wrist exercises can be done at any age as the child needs them.

Scissor Skills: The activities and suggestions are designed to help kids move through the different stages of cutting out - so a younger child who has mastered cutting on a straight line may move straight onto cutting on curved lines; whereas an older child who struggles with getting the movement needed with scissors may need to start with some of the suggested snipping activities.

So it really does depend on your own child, his/her personal strengths and challenges, and the resources you have at hand.

Download my free OT Mom Printable™ from Homeschool Hub to give you an idea of what my e-books are like!

Download the E-Book Overview and Price List from Homeschool Hub to get more information about my products!

