

# School Readiness & Occupational Therapy

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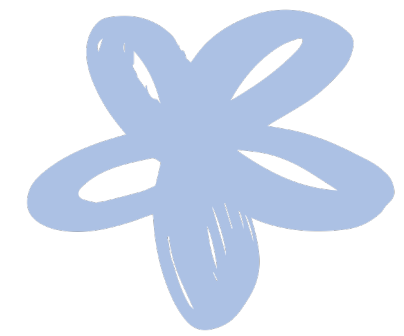




# What is Occupational Therapy?

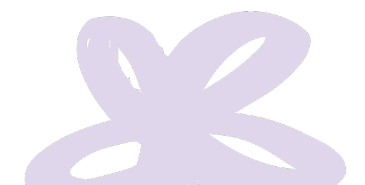
Supports the development of foundational skills which improve a child's ability to participate in daily activities.

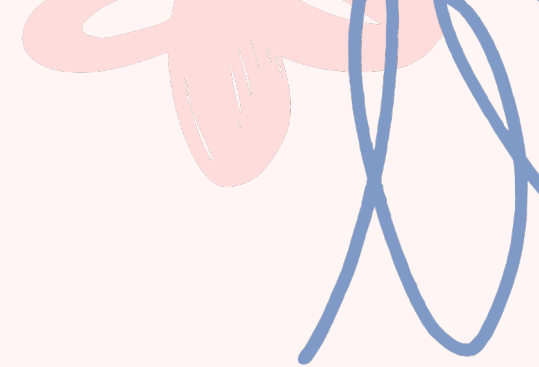







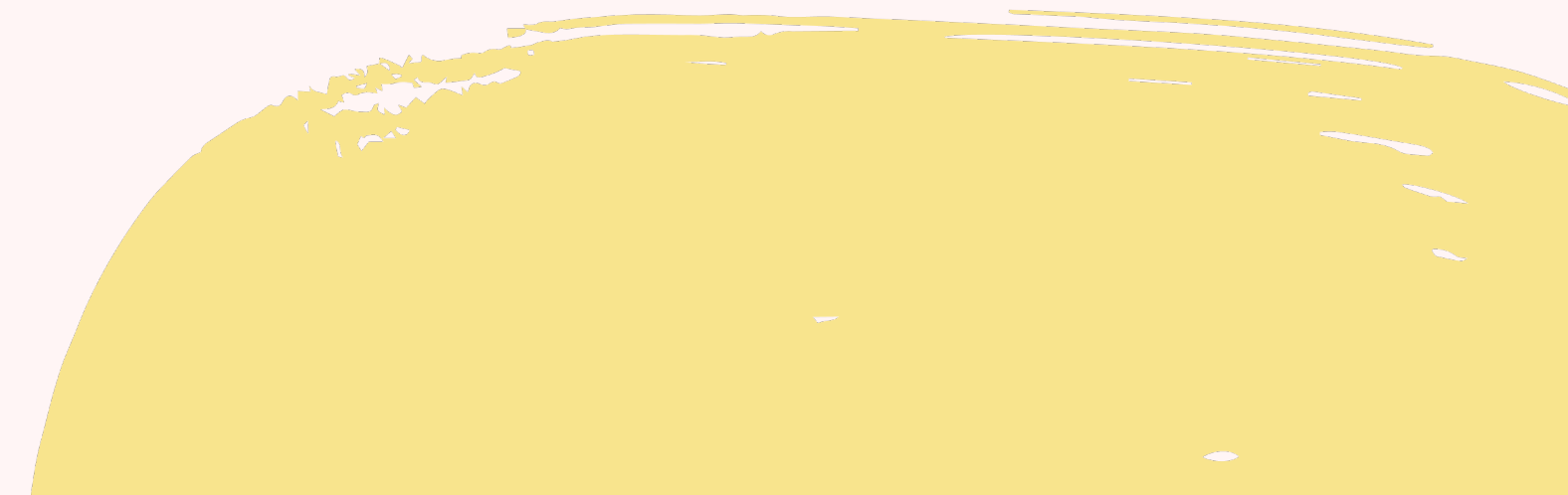
# What do kids need to do? \*

- PLAY
- Learn
- Self-care and organisation
- Be a social participant





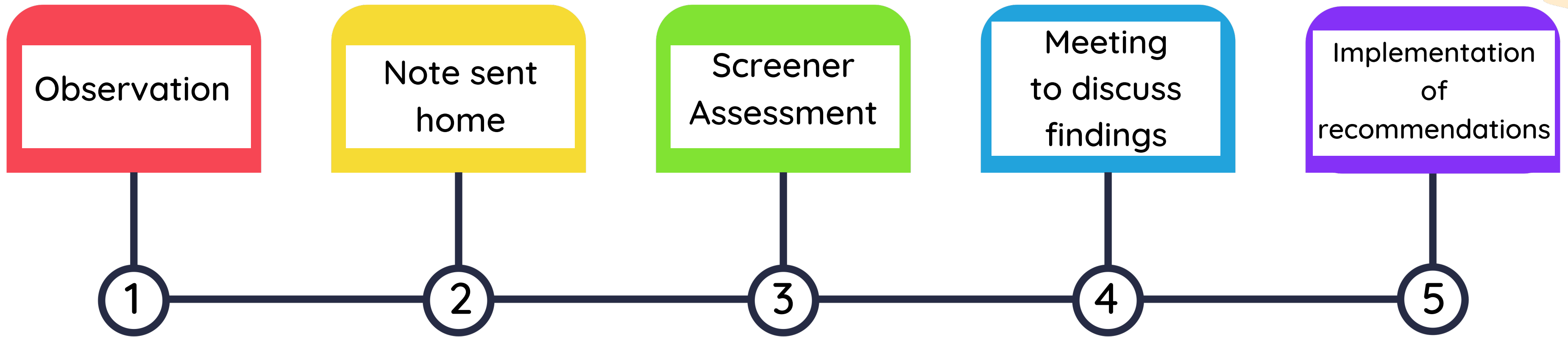
# What do OT's work on?

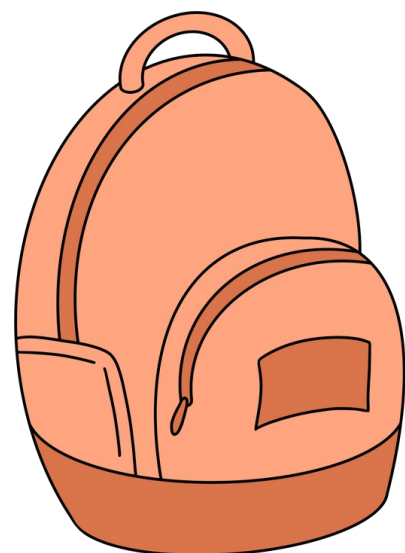
- Regulation
  - Attention
  - Gross motor/ postural development
  - Fine Motor
  - Visual Perception
  - Motor Planning
  - Executive Functioning
  - Behaviour
  - Social/ Emotional
  - School Readiness
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**A bit more about us...**



# The OT Program here at HPS

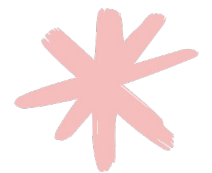




# School Readiness

Is not just about academic learning!

Practicing the following skills through playing games and having conversations with your child about what to expect will help give them confidence when they come across it at school!





# FUN Learning is the BEST Learning

- Playful learning offers various inputs that stimulates interconnected neural pathways in the brain responsible for learning and memory

## Playful learning

- Joy
- Meaning
- Repetition
- Social Interaction



# Name Recognition

Before we can learn to write our name...  
we need to be able to recognise it!!

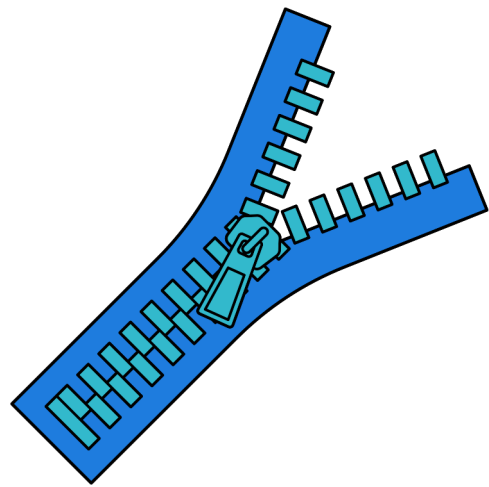
## Activity ideas

- Search for their name out in community, give points for each find
- mix up papers with different names of family members, child finds their own name

# Dressing and toileting

- Zippers
- Buttons
- Velcro
- Jumpers over head on/off
- Shoe laces
- Turn taps on/off
- Pump soap

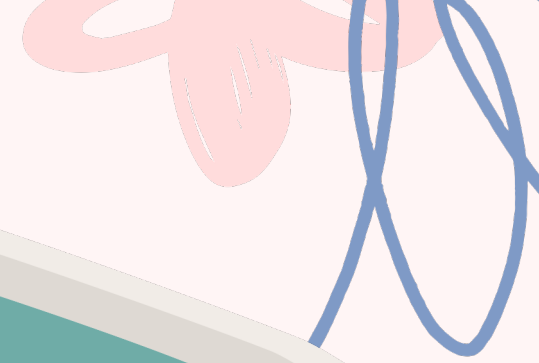
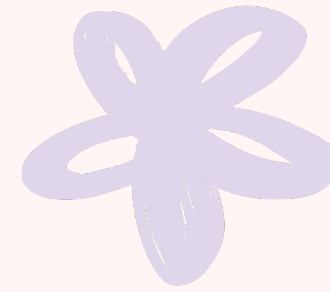
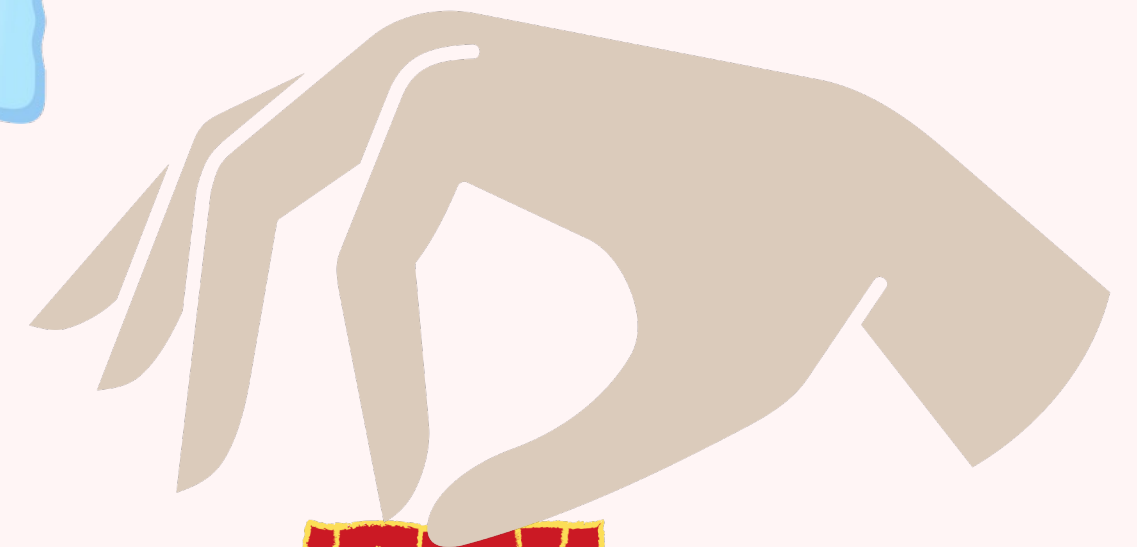
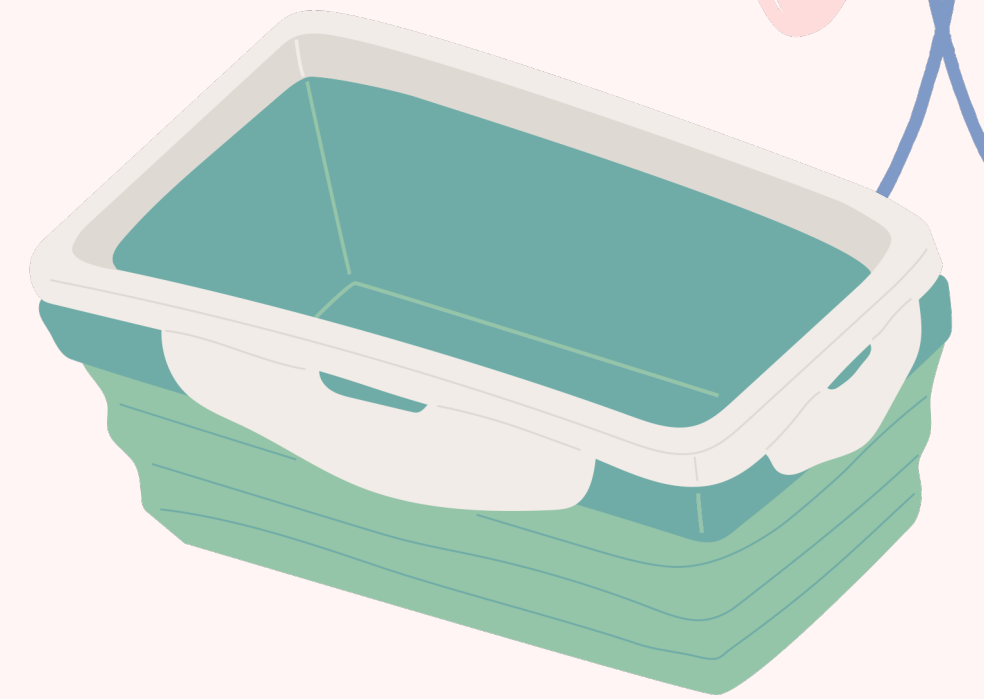
- Pulling underwear/pants/shorts up & down
- Wiping
- Able to let you know when they need to use the toilet
- Able to turn toilet lock
- Any toileting accidents during the day?



# Opening their lunch box, food packets and drink bottle

There are a lot of different fine motor skills at play here!

- Pinching
- Twisting
- Grasping and pushing/pulling



How big or heavy is their backpack?

## Activity ideas

- Hide toys or puzzle pieces in different parts of the bag
- pack and unpack bag for preschool



# Packing and unpacking their school bag

Can they...

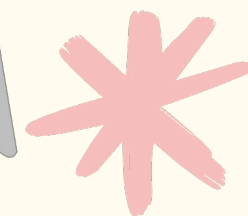
- Unzip and zip back up all parts of their bag?
- Carry their bag without your help?
- Hang their bag on a hook?
- Still unzip their bag if it's hanging?

# Manoeuvring chair at desk



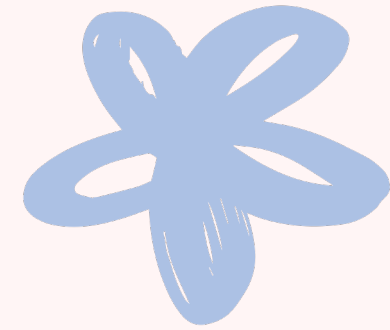
Can they...

- Pull the dining chair out?
- Adjust whilst sitting in the chair?
- Push the chair back in when finished?





# Social Skills



From a social perspective, school is a huge adjustment for our kids! They are going to be around a large amount of children, who are new to them, multiple hours a day, 5 days a week.

## Activity ideas

- Play dates with other children
- Playing at the park



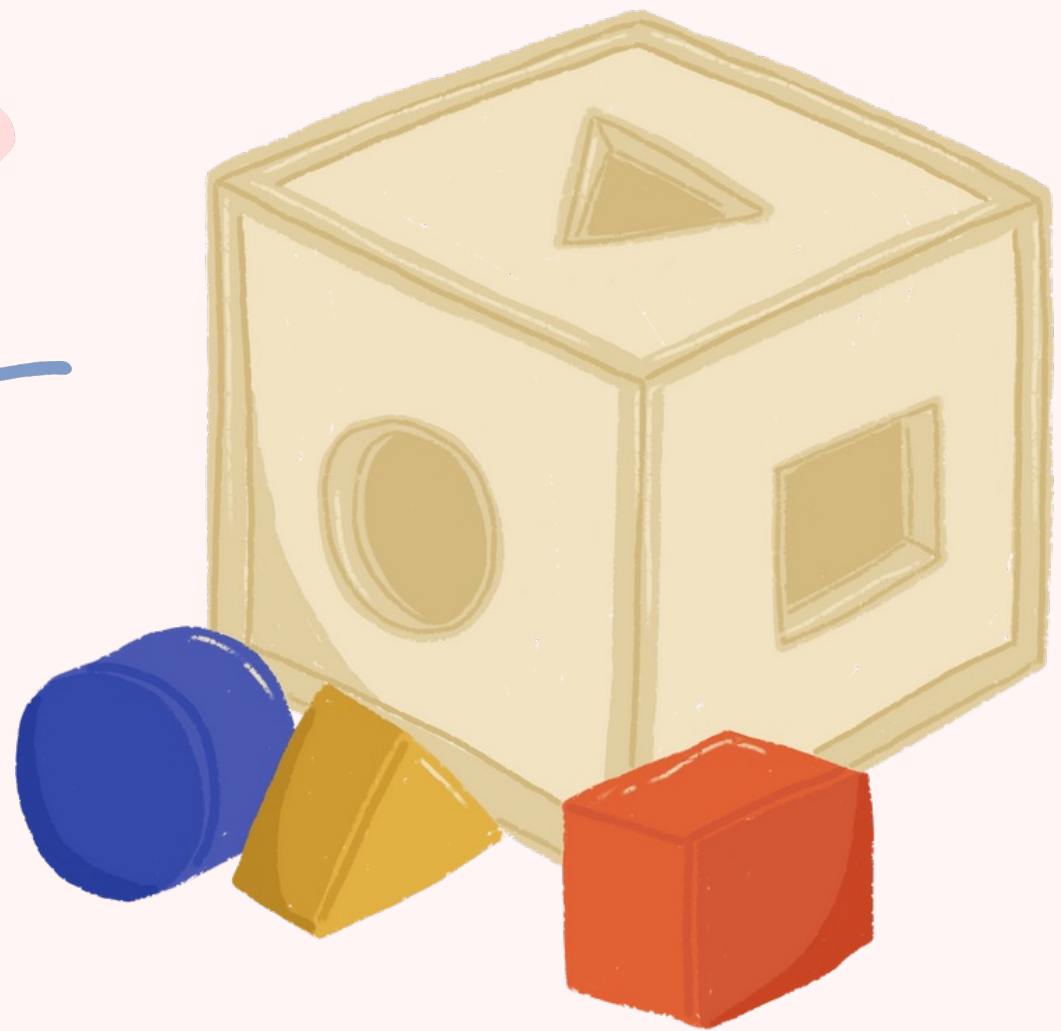
Playing games with your child where they are required to wait their turn, or give an answer is a great way to practice this skill!

# Turn taking



The more people you include in your game (e.g. parents, siblings, grandparents, cousins, or friends etc), they have to practice waiting for a longer period (like they might have to at school).





# Mastering the shapes!

Letters are just variations of shapes and kids need to have mastered writing their shapes before learning to write letters. Can your child draw a square, circle and triangle?





# Hand preference

If your child has not established a preferred hand, do not choose or force them to pick a hand before they're ready because they're more likely to swap hands during tasks as they get older

## Activity ideas

- baking-mixing dough
- totem tennis
- drawing with chalk
- throwing a ball

# Scissor Skills



- strengthens small hand muscles
- Make sure thumb is in the small loop and pointed to the sky "thumbs up"
- Start with snipping thicker items (straws, playdough)

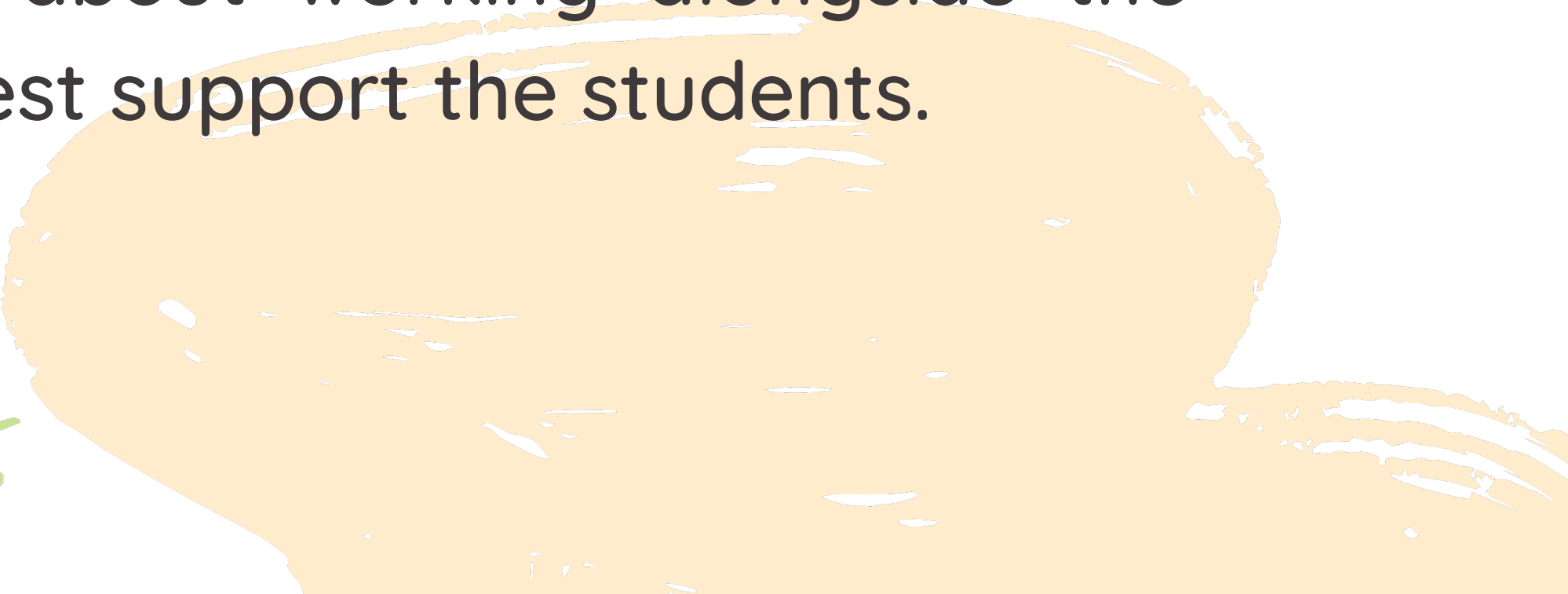






# FUN



## To recap

- School readiness is so much more than academics!
  - Kids learn through PLAY - make things FUN.
  - The OT program is about working alongside the HPS community to best support the students.
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THANK  
YOU

# If you would like a small activity pack

We have developed some school readiness tasks and  
activity ideas you and your child can do between now  
and starting school!