

# Occupational Therapy at Home

*Helping families promote skills in everyday activities.*

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CHILD DEVELOPMENT**

## But I'm not an Occupational Therapist...

- You know your child or student- their interests, their dislikes, their strengths, what is difficult for them
- You know what motivates them
- You know what turns them off
- You are familiar with them and they trust you
- You got this!

# Three areas of OT where you are the expert but didn't realize it

- You know your child's level of independence around the house and in caring for themselves
  - *Activities of Daily Living or ADLs*
- You know how they like to have fun, enjoy life and engage with others
  - *Play, leisure and social participation*
- You know how they learn and participate around the house
  - *Education, prevocational, chores and work*

Let's hit the Big Three:




- Activities of daily living
  - Clothing management
  - Kitchen skills
  - Self-feeding
- Play, leisure and social participation
- Education, chores and work

# Activities of daily living (ADLs) - Clothing Management

<u><b>Around 5 years of age</b></u>	<u><b>Around 10 years of age</b></u>	<u><b>Teenage years</b></u>
<i><b>Make it a game or race</b></i>	<i><b>Make it a game or race</b></i>	<i><b>Make it a game or race</b></i>
Zip/unzip backpack	Zip/unzip backpack, coat	Zip/unzip backpack, coat
Dress/undress doll or stuffed animal	Match the shoes/socks	Match the shoes/socks
Play dress-up	Tie apron/hoodie strings	Tie apron/hoodie strings
Pressing coins through slot	Sorting laundry	Sorting laundry
Practice similar motor actions (pulling scrunchies over a foot to simulate socks)	Folding towels	Folding clothes
Dress the chalk outline	Hang clothes on hanger	Hang clothes on hanger
	Put clothes away	Put clothes away



## *Make it a game or race*




<u><b>Around 5 years of age</b></u>	<u><b>Around 10 years of age</b></u>	<u><b>Teenage years</b></u>
<p>Beat the clock or race a sibling or caregiver</p> <p>Clothes <u>un</u>folded on bed or on top of dresser</p> 	<p>Beat the clock or race a sibling or caregiver</p> <p>Clothes folded in drawer, hanger on the doorknob</p> <p>Find matching socks and shoes</p> 	<p>Beat the clock or race a sibling or caregiver</p> <p>Clothes in drawer, hanging in closet and shoes under the bed</p> <p>Find matching socks and shoes</p> 



## Activities of daily living (ADLs) - Kitchen skills

<u><b>Around 5 years of age</b></u>	<u><b>Around 10 years of age</b></u>	<u><b>Teenage years</b></u>
Hand washing and drying	Measure, portion, fill	Increased independence
Tongs with ice cube tray/muffin tin	Empty dishwasher, put away dishes	Increased time management skills
Twist/remove lids to spices, condiments, etc	Wash, dry and put away dishes	Increased problem solving skills
Scoop/stir/dump/pour	Increased time management skills	Follow complex recipes
Empty dishwasher/sort utensils	Increased problem solving skills	Increased ability to multitask
Set and clear the table	Wipe counters, table, vertical surfaces	Menu plan for week ahead
Wipe counters, table, vertical surfaces	<i><b>Nest bowls, cups, containers, measuring cups</b></i>	<i><b>Nest bowls, cups, containers, measuring cups</b></i>
<i><b>Nest bowls, cups, containers, measuring cups</b></i>	Increased safety awareness	Entire sensory experience
Teach safety awareness	Entire sensory experience	
Entire sensory experience		

## *Nest bowls, cups, containers, measuring cups*

<u><b>Around 5 years of age</b></u>	<u><b>Around 10 years of age</b></u>	<u><b>Teenage years</b></u>
<p>Various sized plastic cups</p> <p>Set of mixing bowls</p> 	<p>Measuring cups and measuring spoons</p> <p>Various sized cups, plastic containers, empty boxes, Tupperware containers</p> 	<p>Tupperware matching - before and after</p> 






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## Activities of daily living (ADLs) - Self-feeding skills

<u><b>Around 5 years of age</b></u>	<u><b>Around 10 years of age</b></u>	<u><b>Teenage years</b></u>
Play with their food	Increased success with stabbing	<i><b>Make and peel hard-boiled eggs</b></i>
Scoop/dump/stir/pour	<i><b>Make and peel hard-boiled eggs</b></i>	Making healthy choices - Choosemyplate.gov
Pour water from cup to cup	Cutting food with knife and fork	Expand healthy habits
Spread with plastic knife	Establish healthy habits	Pack their own lunch
Practice stabbing PlayDoh using a fork	Pack their own lunch	
<i><b>Make and peel hard-boiled eggs</b></i>		

## ***Make and peel hard-boiled eggs***

<u><b>Around 5 years of age</b></u>	<u><b>Around 10 years of age</b></u>	<u><b>Teenage years</b></u>
Bake them, transfer to ice water	Boil them, cool in ice water, peel them, eat them	All the steps to make egg salad sandwich
		


# Play, leisure and social participation

<u><b>Around 5 years of age</b></u>	<u><b>Around 10 years of age</b></u>	<u><b>Teenage years</b></u>
Matching toys - pull apart and press together	Puzzles	Puzzles
Puzzles, Play Doh, Bubble wrap	<b>Legos</b>	More intricate art projects
Sensory play	Coloring, cutting, painting, gluing	Group sports continue
<b>Legos</b>	Push golf tees- balance ball on top	<b>Legos</b>
Coloring, cutting, painting, gluing	Group sports continue	Special interest clubs
Use squirt bottle for play	Stacking - smaller blocks	
Group sports	Make beads/jewelry	
Stacking - gross motor play	Obstacle courses	
Thread cereal or pasta to make necklace		



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# *Legos*




<u>Around 5 years of age</u>	<u>Around 10 years of age</u>	<u>Teenage years</u>
Duplos 	Legos 	Intricate Lego sets 

# Education, chores and work

<u><b>Around 5 years of age</b></u>	<u><b>Around 10 years of age</b></u>	<u><b>Teenage years</b></u>
Sorting toys by category	Writing their name, address, phone number, DOB	Filling out forms
Tracing/writing their name	Place stamp and address labels on envelopes	Filing recipes, paperwork
Coloring pages, workbooks	Household chores - collect garbages weekly, care for pets	Addressing holiday cards
Color, cut and paste	<i><b>Put groceries away</b></i>	Household chores - collect garbages, clean bathroom, sweep kitchen, care for pets
<i><b>Play grocery store</b></i>		<i><b>Making grocery list, shopping, put groceries away</b></i>



# Groceries

<u>Around 5 years of age</u>	<u>Around 10 years of age</u>	<u>Teenage years</u>
<p>Play grocery store</p> 	<p>Help shop then put groceries away</p> 	<p>Help plan menu, make grocery list, shop, put away</p> 

Need further inspiration and ideas? Check out these websites and Youtube sites:

- <https://www.theottoolbox.com>
- <https://missjaimeot.com>
- <https://www.youtube.com/@otcloset>

# Resources

[Occupational Therapy Practice Guidelines for Children and Youth Ages 5–21 Years](#)

[Occupational Therapy Practice Framework: Domain and Process—Fourth Edition](#)



Thank you for sharing your valuable time with me.  
Any questions?

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