

Eastwood Public School

Kindergarten Orientation

Occupational Therapy

Presented by

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SPEECH SERVICES SYDNEY & COAST

What does an OT teach in the classroom?

- Fine motor skills
- Gross motor skills
- Midline crossing/ motor planning skills
- Visual motor integration
- Scissor skills
- Pencil grasp
- Handwriting
- How to sit on a chair
- Increasing attention and concentration



Fine Motor Skills

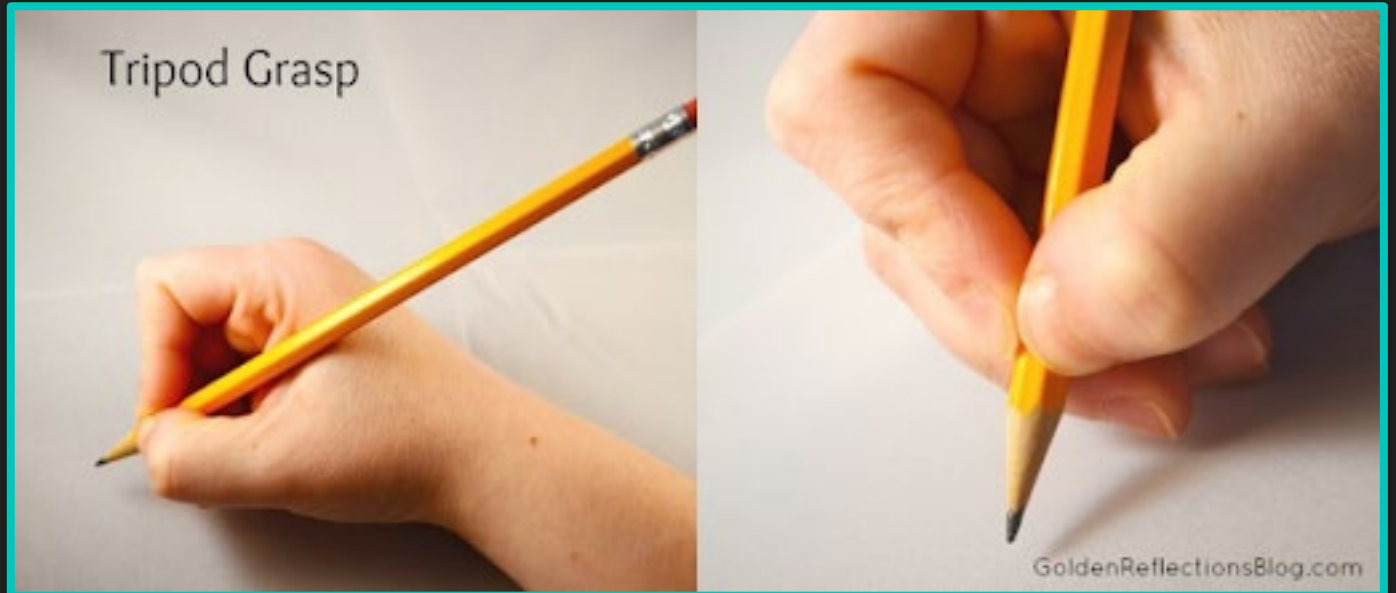
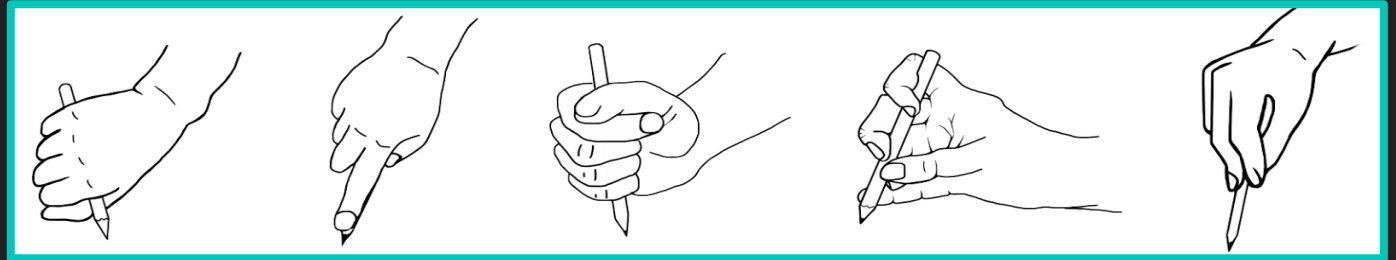


- Using the pincer grasp effectively - “pinching fingers”
- Holding a pencil correctly
- Holding scissors correctly
- In-hand manipulation – moving things around in the hand
- Bilateral co-ordination – buttoning, threading

Pencil Grasp

How to help hold our pencil correctly

- Pinch and pop
- Pom pom
- Elastic band



Scissor Skills



- Thumb 'captain' on top
- Use of the 'helping hand'
- Making sure elbow is beside body
- Practice with magazines, news paper, snipping

Drawing Skills

Your child should be able to draw recognizable pictures



Self-care

- Remove and put on shoes, socks, jumper hat
- Go to the toilet independently
- Open packets and containers and unwrap their lunch
- Blow nose and wash hands
- Say their full name