

OCCUPATIONAL THERAPY CAN HELP WITH...

EDUCATIONAL HANDOUT

Fine motor skills

Movements of the small muscles of the fingers, hands, and wrists

Examples:



Hold toys, crayons, pencils



Color



Cut



Buttons



Visual motor skills

Hands and eyes work together and guide movements to do an action

Examples:



Write



Read



Type



Ball games

Self-care skills

The ability to take care of ourselves

Examples:



Wash hands



Eat and drink



Brush teeth



Play



Gross motor skills

Physical skills that involve the whole body and large muscles to complete an action

Examples:



Walk



Crawl



Jump



Coordination to get dressed



Feeding skills

Bring food or fluid from a plate or cup to the mouth

Examples:



Use forks



Drink from a straw



Pick up food with fingers



Chew

Sensory processing skills

How we receive and respond to sensory input from the environment

Examples:



Smell



Sight



Hearing



Taste

These are just a few examples of what occupational therapy can help with. For more information, please consult your child's occupational therapist or contact your pediatrician. You may also refer to www.aota.org for additional information.

References

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