

RESOURCES FOR PARENTS OF CHILDREN WITH SPECIAL HEALTH CARE NEEDS

The following information was compiled by the therapy staff at the Office for Children with Special Health Care Needs for parents of children who are missing out on school-based therapy secondary to the State of Emergency due to the Coronavirus/COVID-19.

SPEECH THERAPY RESOURCES

American Cleft Palate Association (ACPA): <https://cleftline.org/family-resources/>

A.G. Bell Association of the Deaf and Hard of Hearing: <https://www.agbell.org/Families/Family-Resources>

Speech Therapy Activities: <http://www.speechtx.com/>

PHYSICAL THERAPY RESOURCES

Your Therapy Source: <https://www.yourtherapysource.com/freestuff.html>

See corresponding pdf's for examples of great free material!

OCCUPATIONAL THERAPY ACTIVITIES AND RESOURCES

Activities that can be done with household items:

- Use popsicle sticks to make letters, numbers, and shapes and then trace them
- Play with Play Doh – practice making letters, numbers, shapes – use cookie cutters to make cut-outs
- Blow and pop bubbles
- Make a poster with images of your daily routine to stay on track while out of school – use stickers to mark when a task is completed!
- Play with clothes pins – place them around an index card or jar lid
- Use a spray bottle to water plants or play outside or in the bathtub
- Make a sensory bin using uncooked rice or beans and place toys, spoons, measuring cups, etc. in them and play!
- Use a hole puncher and construction paper to make a piece of art
- Use kitchen tongs to pick up cotton balls, pom poms, etc. and place them in a bowl or jar
- Use a string and beads or pasta noodles to make a necklace
- Paint a picture using your fingers, a paint brush, or Q-tips
- Tear colored tissue paper and use glue to make an art project
- Make an obstacle course!
- Have a race - walk like a bear or a crab
- Do a puzzle!
- Practice cutting out shapes – ask your parent or caregiver for help!

- Make a piece of art using sidewalk chalk
- Play with magnets on the fridge
- Play with stickers or stamps
- Use crayons or markers to make a pattern
- Do a maze with your finger or a crayon
- Play dress up
- Play a board game with your family – lay on your stomach to build your core strength!
- Play “Simon says”
- Roll or throw a ball back and forth
- Play with Legos or mega blocks
- Practice buttoning a shirt/jacket or zipping a zipper

Apps that are free to download:

- Free apps for visual motor skills
 - LetterSchool – tracing letters



- Match It Up 1 – matching images



- Ocean Life – Dot To Dot for Kids and Toddlers – connecting dots to draw images



- Fun bubbles – Cause and Effect – popping bubbles



- Dino Maze – mazes



- Free app for social-emotional skills

- Daniel Tiger for Parents – provides parents and caregivers a way to help children learn social-emotional skills using songs



- Free apps for sensory regulation

- Fluidity – calming visual input



- Drum Kit – auditory input through playing the drums



Websites:

- The OT Toolbox – <https://www.theotttoolbox.com/> - provides resources, tools, ideas, and activities geared toward the healthy development of kids.
- Tools To Grow Website – <https://www.toolstogrowot.com/> -provides engaging print and go resources, activities, handouts worksheets, and educational materials for helping children grow
- Therapy Street for Kids - <http://therapystreetforkids.com/index.html> - therapeutic activities broken down by skill area. Includes information and activities for fine motor strengthening, finger isolation, handwriting, crossing midline, upper body strength, pre-writing skills, scissor skills, self-help skills, sensory strategies, etc.