



SUMMIT ACADEMY

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To Our Summit Families,

While your child is at home, it is important for him/her to have the opportunity to practice routines and activities that they participate in every day while at school in order to maintain their self-care, fine motor and gross motor skills. The occupational and physical therapy department has put together some suggestions of skills your child may be able to practice throughout their day. These are just suggestions, and we realize that they may not be relevant to all of our students. We put this together in hopes that it may give you some guidance during this time with your child.

Have your child practice his/her hygiene routine every day. Engaging in hygiene tasks is a great way to build and maintain fine motor skills, sequencing skills and independent skills. The more practice, the better these skills will become. Have your child engage in activities that are safe and appropriate for them including:

- Bathing
- Brushing their teeth
- Brushing their hair
- Applying deodorant
- Dressing
- Handwashing (Now more than ever!)

Other activities that can build and maintain fine motor and visual motor skills include playing card game or board games with the family, using play dough, clay or putty, arts and crafts activities that use tools such as paintbrushes, crayons, pens, scissors and glue. If your child is working on learning fasteners, shoe tying or writing skills, daily practice with these is encouraged!

Chores! Many of our students have daily practice at school in household chores such as setting the table, sweeping or vacuuming the floor, washing dishes, loading/unloading a dishwasher, and helping with meal preparation. Have your child help with safe and appropriate chores at home. Also, your child is expected to carry his/her personal items and dispose of his/her trash while at school. Encourage them to do this at home too.

Get moving! Your child gets the opportunity for physical activity for at least 30 minutes every day when at school. This is important in promoting a healthy lifestyle. Getting 30-60 of physical activity each day is important in making sure that your child maintains their endurance to participate in a full day of school. Some of the physical activities that your child is has practiced in school include:

- 30-minute walks in the community
- 30-minutes of playground time
- Use of the GoNoodle.com website (free)
- Just Dance on YouTubeKids app (free)
- Shooting/throwing a basketball
- Riding a tricycle, bicycle with training wheels, adult-size tricycle

We understand that some of these activities may not be an option to do at home if mother nature does not cooperate!

The OTs and PTs, along with all Summit staff, are here to help you during this unfamiliar time. If you have any questions or concerns about your child's self-care, fine and/or gross motor skills and would like to talk to an OT or PT, contact your child's classroom teacher and they will let the therapist know to contact you.

*The Occupational and Physical Therapy Department*