

Home Exercises and Activities from the OT/PT Department #13



Balance:

Have your child stand on 1 foot for 10-30 seconds.



Hand Strengthening:

Use a spray bottle (they have small ones at the dollar store) to spray the walls in the bathtub, spray water on the table to wash it and/or spray plants. Use sponges to squeeze and scrub in the tub or sink- challenge to fill up a container by squeezing water from a sponge to fill it up.