

## Home Exercises and Activities from the OT/PT Department #3



### **Core Strengthening**

Lay child on a ball or bolster and have them reach up for objects. If you do not have a bolster or foam roller you can use furniture.



**Heavy Work activities to incorporate when doing errands:** Have your child help push the shopping cart, carry items when food shopping, wear a backpack with activities or books that they can use to keep them busy if waiting for an appointment, silly putty and squeeze toys are great portable heavy work for the hands.

*Heavy Work is great for strengthening your body as well as an organizing your nervous system. It will have a calming effect if over stimulated and an arousal effect if under stimulated.*