

					D1	For the latest version of this file, homeideas.pdf, visit www.motamedfamily.com				
age we used							t			
1	2	3	4		category	what	w	goal	resource	where
		3	4		attention	On school nights, he needs to go to bed on time (8:00 pm at 4.0 as nap time is lessening, was 8:30 at 3.0), otherwise he does not focus and learn as well - because he is tired!		focus and no yawning in class		
		3			attention	game: duck duck goose: best with 4 people, set out 3 pillows. One person is "it" stands up and points to each person as walks in circle around the pillows "duck.....duck.....duck...(etc)...goose" The one who is the goose has to get up and chase the person standing	.	social		
		3		m	attention	ice cream shooter (pop off ball with string), he enjoys pretending to eat this and can get it to pop but can't reset it at	.	referencing and fine motor		www.orientaltrading.com
		3			attention	roughhousing: tumble, roll, bounce, chase, hide and seek, march, jump, push	.	referencing and Proprioceptive		
2					attention & speech	ball: once he learned the word ball, use the color or size too				
2	3				attention & speech	ball: throw ball, roll ball, kick ball, catch ball, bounce ball. "go get it, get the ball", kick ball to mommy	.			
2	3				attention & speech	balloons, blow them up and ask expectantly "what should I do next" let it go say "up, up" when it comes down, "where did it go? Where is it" "is it in the couch?" "no"			balloons, rocket balloon	www.toys2wish4.com
		3			attention & speech	Barnyard Bingo (Fisher Price)				
		2		m	attention & speech	bath: announce bath time then guide him to walk there. Bath bath. Can add Epsom salts, supposed to be relaxing	.	Proprioceptive		
		3			attention & speech	bath: get squirt guns and toys that squirt water when you squee them. And a bath toy that mounts on the wall tile and has buttons. Can add Epsom salts, supposed to be relaxing. After a bath, rub child briskly with a towel, firmly squeezing muscles	.	Proprioceptive, fine motor		
1	2				attention & speech	blocks: bang blocks on a box, it's a drum				
		3			attention & speech	blocks: bead blocks, use them with regular blocks to make a town, they are sensory and make noise when you shake them. This adds to the fun			bead blocks	www.pufferbellytoys.com
1	2				attention & speech	blocks: build block towers and prompt for him to say blow (them down), say crash. Stack a big wide block on top of a narrow pillar block for easiest results		word and gesture: blow. oral motor skill		
1	2				attention & speech	blocks: tall tower he knocks over, crash. Say my turn to put on a block, then guide his hand "your turn." "you do it"		turn taking		
		2	3		attention & speech	blowing kisses. We do this at bed time quite often		referencing, gestures		

age we used								t		
	2					attention & speech	diaper: announce ask, do you have a wet diaper? Or a popo diaper. Let's go change your diaper.	wet, popo, diaper		
	2	3				attention & speech	funny faces, make funny faces and sounds and try to get him to copy you	referencing, imitation, expressions		
			3			attention & speech	game: Fisher Price Teapot (alternatives with similar play are the Maisy Board Game or Rats Ahoy). The teapot game uses a teapot as the spinner your pretend to pour the tea into cups. Then you pick up matches for your lotto card	social	Teapot game	ebay or look for the rats game at www.discoverytoys.com
			3			attention & speech	Game: Go away Monster by gamewright. As you play be animated. Shake up the bag inbetween turns saying "shake shake shake." Then narrate: "reach in, I got a" If you get a monster say "go away scary yellow monster" and throw it excitedly into a corner	Social	go away monster game	amazon, smarterkids.com
			3			attention & speech	Game: Honey Bear Tree (or Kerplunk). Another fun one for playdates at 3. It was novel for the NT kids			
			3			attention & speech	game: Oreo Matchiníg middles(Fisher Price): we just started playing this by the rules at 3.5years. Earlier it was good for discussing and matching shapes and learning to rotate the piecs to fit together	social		
			3			attention & speech	game: Rollover Rover (Fisher Price)- super easy. Roll a large dice that looks like a dog, see what color is up. Then move to that space. Game is short. So a good one for early learners. But by the time my boy was ready for turntaking games he only played this a few times and was then bored	social		ebay
		3	4			attention & speech	Get you! - my older son plays this with him "I'm going to get you"...it's just fun sensory/roughhousing			
	2	3				attention & speech	hickory dickery dock, the mouse ran up the clock, the clock struck one, the mouse ran down, hickory dickery dock	imitation and learning movements he can make with his hands	software: Reader Rabbit Playtime for Baby	zany brainy, amazon
			4			attention & speech	hide a toy under one of 3 bowls/pillows/etc, show him where it is then ask him to find. Now repeat, but place under a different bowl. Then work on First, middle, last...it's under the middle			
		3	4			attention & speech	Hide and seek - we play this at the park and at home on playdates ...at 4, he lasts thru several rounds. He is much better at finding us now.			
			4			attention & speech	Hi-Ho Cherry-o Counting game...we got this at 4.0 partly because his fine motor/motor planning was not able to manage the little cherries sooner. Other kids may enjoy at 3			
			3			attention & speech	Hokey pokey: you do the hookey pokey, and you turn yourself around, that's what it's all about. You put your r hand in you put your r hand out , you put your r hand in and you shake it all about.			

age we used						t		
		4		attention & speech	Hot potato...there is also a song by the Wiggles called Hot Potato, you can maybe incorporate the song into the play. At Zany Brainy I saw a Wiggles Hot Potato toy, but I'm not sure if it would add to the play, I don't think we need the toy		social	
2	3			attention & speech	Humpty Dumpty			nursry www.rocknlearn.com
		3		attention & speech	I sailor went to sea sea sea (salute) to see what he could see see see. But all that he could see see see, was the bottom of the deep blue sea sea sea. Repeat w/ chop (chopping motion), knee touch knee), toe		imitation and learning movements he can make with his hands	
	2	3		attention & speech	If You' re Happy and You Know It"		imitation and learning movements he can make with his hands	pop up book by david Carter, also see library, amazon
	2	3		attention & speech	In a cabin in the woods (with 1 finger pointed on each hand draw a square in the air, each finger draws half), a little man by the window stood (draw a smaller square) saw a rabbit hopping by (make bunny rabbit ears with one hand and make the bunny hop r		referencing, language: bunny, help me, imitation in general, gestures	Sesame street "sing along" video amazon
	2			attention & speech	Jelly man kelly..."ohhhhhh can you come home jelly can you come home jelly can you come, ohhhhhh" This is the one of the first "words" that is sang with a video. Almost one of his first words ever		referencing	Sesame street 'sing yourself silly" video amazon
	2			attention & speech	listen to the horses, clipping clopping, hoof beats everywhere never stopping, gotta ride my palomino, ride him to the fair		referencing	(rafi more singable zany brainy, amazon
	2		4	attention & speech	little rabbit foo foo- sitting on my lap at 2. Reading the book and re-enacting the story at 4.0		referencing, gestures	CD: sharon, Lois, & library, plus there is a cute kid's book by this name - see amazon
	2			attention & speech	Lucky Ducks (Milton Bradley)- our speech therapist used this one for teaching attention and stop/go, and colors		colors	
		3	4	attention & speech	Matching games: ie Animal cards Matching Game. Start with only four cards (two matches) and slowly worked up to twenty cards. You can also make your own "cards" that word on your speech goals (ie names of things in the kitchen) by printing pictures of appliances from www.sears.com etc and pasting the pictures on the backs of index cards		social	
	2	3		attention & speech	Mr Potato Head suitcase - his speech therapist introduced this. Great for learning body parts at 2.5. Not so interesting to him at 3 years. Pulls it out to play occasionally. Suitcase version just has a few extra pieces		language - body parts	amazon, can buy extra pieces on ebay
	1	2		attention & speech	one to one: cow is sleeping, wake up cow, bye cow, hello cow, moo. Chicken buck buck buck, sheep baa baa		cow, sheep, chicken, boy, pig	farm animal set, ie the fisher amazon or toys r us
	1	2	3	attention & speech	one to one: is he sleeping (make snoring noises)? Wake up. Kiss mommy, kiss the bear. Good playing. Help help.			

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	2				attention & speech	one to one: when playing with characters, describe their actions. "Teddy bear jump" "teddy bear slide" Ernie eat apple" And test receptive, "teddy bear slide? Can teddy bear slide?"				
	2				attention & speech	park: either at the park or at home: play peek a boo around the structure. Bring characters or sandtoys and have them slide down the slide (see characters section for more ideas)			park or kangaroo climber	amazon or toys r us
1	2				attention & speech	patty cake with gestures		engagement,	rock'n'learn nursery	www.rocknlearn.com
1	2				attention & speech	peek a boo		engagement		
					attention & speech	photo album of his day and activities			album	
	2				attention & speech	point up at the airplane and say, "look, airplane" then "bye bye airplane"		referencing, language		
					attention & speech	prompt for him to say and help put on "shoes" and them to say "outside" before I open the door to let him play in the yard				
	2				attention & speech	song: did you ever see a turtle a turtle a turtle, did you ever see a turtle go this way and that. ... (make right and left motions, to the tune of did you ever see a laddie, you can replace turtle with a different word)		referencing, language: turtle		
	2	3			attention & speech	song: doggie in the window, how much is that doggie in the window song		referencing, language: dog	How much is that	library
	2	3			attention & speech	song: eensy weensy spider - sitting on my lap at 2. At 3 he learned the gestures and also we play with velcro characters		referencing, language: up, down, rain, out, sun, spider	velcro story characters	www.lakeshorelearning.com
	2	3			attention & speech	song: old macdonald had a farm			velcro story	www.lakeshorelearning.com
	2	3			attention & speech	song: ring around the rosy- take his arms and turn together, all fall down together		get him to look at me in anticipation of all fall down		
	2	3			attention & speech	song: six little ducks that I once knew, fat ones skinny ones, fair ones too, but the one little duck with a feather on his back, he led the others with his quack quack quack. quack quack quack quack quack quack, he led the others with his quack quack qua				
	2	3			attention & speech	song: the teddy bears picnic			book by Day, video	ebay
	2	3			attention & speech	song: The wheels on the bus go round and round round and round, the wheels on the bus go round and round, all around the town. Th babies on the bus go wah wah wah (hold hands over mouth as if calling).The mommies on the bus go shh shh shh			Fisher price school bus, The Wheels on	amazon for both, or toys r us and bdalton
		3			attention & speech	stretch animals ...good for sensory/cause and effect play...you pull them and they gently snap back They stick to the wall or windows too			stretch critters, stretch	www.catalogcity.com , zany brainy (in store)
	2	3			attention & speech	There were 10 in the bed and the little one said roll over roll over, so they all rolled over and one fell out,			Ten Bears in a Bed :	by

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	2	3				attention & speech	this is the way we wash our hands, wash our hands, wash our hands, this is the way we wash our hands, so early in the morning (give him a wash cloth, then brush our teeth, etc	.			
	2					attention & speech	throw him up and then lift him down. Singing up we go, down we go. Then after he is laughing just say up and down as you lift him up/down. Later prompt for up/down		up, down		
	2					attention & speech	Tic Tac Tony: our speech therapist had, he loved it. They didn't play the actual game, just had fun taking turns dropping in pieces and talking as they did		language		ebay, talbots?
	2	3				attention & speech	zoo- great to visit a children's (petting zoo) or even the big zoo exhibits. Helps with language to SEE and TOUCH real animals	.	language, pretend play		
	2	3	4			attention & speech,	bubble play - always a big hit, teachers store's sell nice big shaped bubble wands too. Good for parties too				
			4			attention & speech,	Follow the leader, fun at the park				
		3	4			attention & speech,	Game: Cranium Cariboo. Really great early game. EXCELLENT for playdates at 3 and 4 years ...NT kids love it too. ASIN: B000063XO3 One parent made created additional cards to go with it to keep it fresh.	.	Social	Cariboo	amazon
	2					attention & speech,	car trip: say "car, let's go car" when going on a car ride. Play children's songs in the car. Then at the destination, when getting out of the car ask fist if he wants "out." Then delay a few seconds and prompt for out.		"car" and "out"		
	2					behavior	head banging or tantrum: stand him up and say "good standing." Hold him standing for several seconds & then release him with a smile and say "good standing."				
	2					behavior	problem: say "no hitting" and move his hand in a soft motion "gentle, gentle"				
	2					dancing	pick him up and waltz 123 to once upon a dream from sleeping beauty				
						floortime	Creativity: what's the problem? What's the matter? who am I? who are you? what happens next? You be the director. what do I get to do? We've got a Trex and a tiger, how can we make a story out of this? If he can't come up with an idea, ask him "why?" I want x because y (my motives/intents). (set the stage with props like jail, lake, a picture of a circus tent pasted into a shoebox top, legos that can be made into a "swimming pool," etc. I don't get it. What do you mean? So does this mean that x doesn't like y? (Sum things up during the drama.) I'm picturing What do you see?				
						floortime	dinner table: coach him to be an observer at school, "what happened fun at school today?"...well did x happen or y?				
						floortime	Planning: what is today, what do you need, where could it be? Are you ready?				
						floortime	reading non picture books: Ask "what do you picture for ...?" "Imagine what ... is wearing/doing." "So far I'm picturing ..." (make silly mistakes so that ... will elaborate). Go for much visual/emotional detail				

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		3		floortime	setup - introduce the opportunity for him to want to expand his play themes, circulate in real experiences, books, toys (can be homemade): birthday parties, trip to the zoo, real tea party, see re-enacting stories too, trip to the grocery store - we need 3 apples (help him pick them as he sits in the cart, weigh them, ...), disnetland, camping, pony farm (not a crowded pony ride if he's easily overwhelmed), farm/petting zoo, swimming pool, etc			
				floortime	too nice, never aggressive: are you always going to be nice about everything? What if I destroy your ...? How do you feel when you give up?"			
				floortime	Transition (child initiated): I don't understand! You're already talking about X but I need to understand Y first. Hey, I'm in the dark here. Do I already know what you're talking about? Was I with you when ...? I need just a little bit more information, please.Yikes, you only gave me 10% of the information I need to understand what you're talking about. Is ... more important than ...? Hold your horses, ya gotta give me the important information first. Go for concise descriptions of the main idea.			
				playdate	gerbread cookies, paint, sidewalk chalk, etcmediated playdate? Face paint, kareoke, decorate cupakes, maker gi			
				floortime3	pronoun reversal- "can I pick you up?" (wants to say "Can you pick me up"), Hold his hand and say I want YOU (touching his hand to my chest) to pick me (touching his hand to his chest) up?" ... (and then pick him up). Or make a joke...you want to pick ME up? OK (pretend to jump into his arms)			
		3		floortime3, OT	Cooking: make muffins, cupcakes (from mix), and cookies (from storebought dough, we just decorate). There is a video that helped inspire him to want to make muffins, called the preschool power series..song is "nothing like a homemade muffin"..also in one maisy video maisy makes cupcakes... the key is to draw him out though..."Oh, you want cupcakes, what kind/ (chocolate or white?)" "Well, what do we need first? (the cake mix - or flour), what's next? "where is it?..." Ask him to get a chair, ask him to help mix, etc.	Proprioceptive	preschool power videos	www.preschoolpower.com
				m floortime4	After a train crash: will Thomas ever work again? Was is a bad accident? Did anyone get killed? n car crashes - Oh no, it's broken! Can you fix it mechanic? n Basket is dropped - What a mess! What do we do now?			
				m floortime4	Aside: pstt, hey what are you doing? You almost killed me (my character)			
				m floortime4	books to read that have themes, motives and problems to solve - discuss alternative outcomes, feelings. n hold book to read upside down and/or backwards. In stage 4 (after a frequet circle closer), ask him "what's next" and try to talk more to the pictures than the words.			

age we used						t			
				m floortime4	<p>create problems: If child is thirsty, offer an empty cup or invite child to a tea party.</p> <p>If child is hungry, open toy refrigerator and offer some food, pretend to cook, or ask if child will go to pretend market with you to get things to eat. If child want to leave, give pretend keys or a toy car. If child lies down on the floor or couch, get a blanket or pillow, turn off the lights, and sing a lullaby</p>				
				m floortime4	<p>Crying: (hold him facing me) What's wrong honey? What's making you cry? Did x make you feel bad? What did your say (to x)? You seem to have very strong feelings right now, are you feeling mad/ Sad? Frustrated? (p256) What's making you not like school/ What part do you like?</p>				
				m floortime4	<p>Game of tug a war: lots of sequencing to figure out...who is doing what, where, etc. Then use his experience, conceptual understanding of with or against. What should I pull with? Who's going to say 1 2 3 go? Do you want Johnny to be for or against Susy?</p>	sequencing			
				m floortime4	<p>Gestures: Try using more and bigger gestures during our play. Try "Sprinkling no talking dust" ...so we pretend that we can't talk for 10 minutes, we have to use gestures and facial expressions. • Model nod, shake head, and shrug shoulders, tap shoulder, finger/hand/head gesture for "come here", "psst",</p>				
				m floortime4	<p>idea retrieval: wait....also try a concrete, silly or absurd question..."you mean the dog ATE it?" "Is he going to put a zebra in his ear?"...well I guess I'll have to stand on my head.</p>	faster word retrieval			
				m floortime4	<p>declaratives : "I think I see brown paint on your shirt. I wonder how it got there." "I wonder if . . ." perhaps you could follow up with something like, "I sure would like it if you would tell me . . ." It is a little more direct, but still declarative. Or you might try, "I think if x happened, I might feel a little sad, frustrated, etc.."</p> <p>"Anthony likes WAFFLES for breakfast" "Mommy likes COFFEE for breakfast" "I know where the milk is!" and then he had to look at my face to find out which way to go. I did this over and over again with lots of different items. And when we would get to the right aisle I would say, "I see the _____" ("I'm tired of playing with cars!"), self-narratives ("I'm walking over to the table to pick up some cars."), indirect prompts ("Now is a good time to decide which car you want to play with"), celebrations ("We did it!"), etc. "I think you had gym today in school and I am wondering if it was fun . . ."</p>				

age we used										t			
								m	floortime4	Negotiating/planning: what are you going to do w/ it? When can I have it back? What do you want to do outside? Oh, swing, that"s WHY you want to go outside. Why 5? why not 4? why right now? Why not in J minutes? If you had x, where would you keep him? What would you do if you worked at a train station? do you think i should give you x? do you think i should let you have the whole box? why? Well I have a different idea, let's negotiate...my idea is xyz.			
								m	floortime4	Playful obstruction: my x is better than your y, what makes your x better? You can do x, but first I'm going to y so I can x. zoom zoom. Well, I guess I'll drive the truck again.			
								m	floortime4	present new problems: Oh percy, there's a problem. I'll beat you in the race. Oh percy, there's putty falling on you. You can't make me move. Uh Oh, a runaway train - what to we do?			
								m	floortime4	Qs - social: Can I have a turn? Do you want a turn? Can I try? Do you want to try? Would you share? Do you want to share? Can I sit next to you? Do you want to sit by me?			
								m	floortime4	Qs about his day: what was fun today at school? Anyone make you made today?			
								m	floortime4	Qs: see p242 bwlw			
								m	floortime4	Qs: Which train do you like best? What's Topham Hat going to act like? What's he going to do now/ Why did he do that? How did he x? (repeat whatever he just said), WHY? Hey, can I be x? Don't you think x? What do you want to do outside? What else/ Who else? What kind of cookie? Can I come too? Can I help you drive the trains? How do you feel? How shoudl we get there? How shouold we fix it? How does it work?			
								m	floortime4	really long and mumbly sentences: Let's see x, y, z happened, I wonder what will happen next? Boy you are using so many wonderful words, but I need you to slow down a little. Can you explain again so even a dummy like me can			
								m	floortime4	says "I don't want to talk to you now" ...see Tuning out			

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		4		floortime4	<p>Scared: How do you help a child, there are times when I think my son doesn't know how to articulate what he is thinking if he is scared or sad. How do you help? If you think that he is scared, then he is already communicating, you can just respond, no need to recognize it with words. If you aren't sure ask, "oh no, what happened?"..negative feelings are scary especially if you aren't sure what it means. Once the anxiety is there, you have to take it on, tell the dinosaur to "back off" because...Mirror some of his gestures and highten them, this will give him a little more to work on. Help to start provide a language for this feeling. Especially for words that don't have a visual component (moving into abstraction). Think about why is he frightened/ Is it a theme, part of the relationship, ask a lot of different questions. Accept all feelings equally (ie negative and positive). Is there a good pirate? If all animals are treated differently, those are early symbols of nice and bad, etc.</p>				
			m	floortime4	<p>scripted story re-enact (it might be just a tiny bit different today, so get ready) ie billy goats gruff: "I'm the big bad wolf" "I thought I was a wolf" "don't I have big teeth?" "don't I have big ears?" (don't push too far though) "Oh, I thought I was a wolf"...try different questions "how are we going to do that?" "oh, I forgot, how does it go?"</p>				
			m	floortime4	<p>scripted train play ie he puffed away said thomas: Wait, before you puff away, can I have a ride? (honor his gestalt learning style, use part of his chunk in my replay), I want the red one. Oh, you want the big fat red one. He went into the tunnel said Toby. Oh the tunnel, let's go</p>				
		3	m	floortime4	<p>Scripts: children teach themselves to read by memorizing scripts. If he starts with a script, relying on memory to sequence. But get in there and treat it as if it were a play. His big concern, he wants to know if you love it too, and will you go there with him. Then it will either go into a problem solving path (ie what she felt strongly about) or into a symbolic story. If you have the toys, go to the toys. If not, go to the drama. Whatever it is, play dumb, play naive. You are supporting him. Then it will loosen up. Problem solving helps you solve new steps, rather than repeating old steps.</p>	sequencing			
			m	floortime4	<p>sentence fragment: (ie, want milk!) OK, here is a TALL, COLD glass of milk.</p>				
			m	floortime4	<p>Sequencing and reflecting: During play and conversations get beginning, middle and end of story or idea - identify problem to be solved, motives and feelings. Turn ... into a lawyer. More "why" questions</p>				

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								m	floortime4	<p>sequencing: what's next? what's the story going to be? What happens first? What's next? What happens at the end? Write down 1, 2, 3 the beginning middle end. After the play, reflect together (it's ok that the story changes as the play happens). Now once upon a time...there was a and a and a ... Are we ready? (going to swimming) what else do we need? How will you get dry? How will we xxx?</p>	sequencing			
								m	floortime4	<p>setup - introduce the opportunity for him to want to expand his play themes, circulate in books, toys (cane be homemade, drawings, craft projects, experiences, pictures, etc): Pirates, Hideouts, Wizards (magical powers, potions, good/bad wizards, cast spells, grant wishes, magically disguise as something else), Atlantis, Bugs, Space (astronaut lingo, gravity, things can go wrong-air leak/lost in space/aliens, aliens take over the world and like to study humans), Time travel, Mad scientist</p>				
								m	floortime4	<p>setup: Change environment frequently to encourage flexibility, create problems and expand discussion move expected objects (change drawer content, change content in baskets) rearrange furniture and create problems (child find chair upside down, or is told to sit down when chair is across the room) hang up pictures from magazines at eye level and change frequently. Set the stage for play.</p>				
								m	floortime4	<p>shoes: put socks on child's hands instead of feet, give child your shoes to put on</p>				
								m	floortime4	<p>Transition (child initiated): Send up a trial balloon to try to get closure on the previous activity. wait a min, I'm confused, a minute ago you were x and now you're y... "oh don't forget your cookies" "oh, you dropped this"...we make every effort to finish solving the current problem. Hey...wait for me! (if he drops something on the floor like a sock, make it into a puppet.</p>				
								m	floortime4	<p>tuning out: Oh, I feel left out, you're not talking to me (mad, very high affect). How come you won't answer/ (genuinely curious) I NEED to go to my office (urgent). I am scared of the spider! I am so excited about x. Yah hah hah, I am going to do a naughty trick....Wahhh, I hurt my foot (sad)</p>				
								m	floortime4	<p>wants something: what are you going to do with it? What story will we play? What is the beginning/middle/end? Who will play with it? Where is it? Which is your favorite? (if you have it, hide it ie under a pillow, play warm cold hot to find it- with words/gestures/expressions) (if you don't have it try drawing a picture of it together and playing with the picture). hide object child desires in one hand or the other so that the child can choose. make desired toy/object a moving target (move from place to place). Treasure Hunt and use maps</p>				

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2	3	4			floortime-gen	Inspiration to keep me going: Set a time timer to 20 minutes when we floortime so that I am sure that the session is at least 20 minutes long. Tape record some of the sessions and listen to them in the car, ie 1x a week. Video record some of the sessions ie 1/month. Save FT ideas you like into a folder or a notebook. Review/skim the ideas 1x a month.	parent energy	www.timetimer.com		
	3				language	book: "mr brice", pop up book about mice. The page with 4 open close windows and a circle to move where a mouse is hiding was a big hit. "where is she" "is she in bed?" "is she behind the door"		the popup mice of mr brice		amazon
	3				language	books: Books we are enjoying this week (3.9): Harold and the Purple Crayon, Little Red Riding Hood by Candice Ranson, If you give a mouse a cookie, Play with me by Marie Hall Ets, Down by the bay, and Little Rabbit Foo Foo by Rosen/Robins.				amazon
	3	4			language	books: when reading...leave off the last word (if it's a rhyme or obvious in some way) and encourage him to complete the sentence. For example, with "brown bear. Brown bear" say brown bear brown bear, what do you see? I see a ... (wait for him to say red bird)..looking at (wait for him to say me)"	faster word retrieval			http://members.tripod.com/~Caroline_Bowen/wordretrieval.html
		4			language	car game: play a him/her game with friends names or character names. "Is Dora a girl or a boy?" "SHHHHEEEEE is a girl". Say let's do 5 names. And then how up your fingers to show progression.	faster word retrieval			
		4			language	car game; Play "What comes next?" For example: Monday Tuesday Wednesday ... Summer Autumn Winter ...1 2 3 ... First second third ... Laa-Laa, Tinky-Winky, Dipsy, and...	faster word retrieval			http://members.tripod.com/~Caroline_Bowen/wordretrieval.html
		4			language	category games: (will try soon, from another website) Play "name the category". This can be done like a cloze task, for example, "red, blue, green, orange and pink are all ..."; "lions, tigers, monkeys and elephants are all ..."	faster word retrieval			http://members.tripod.com/~Caroline_Bowen/wordretrieval.html
		4			language	category games: ie how many "children in your class" can you name? Later add a time limit, ie within 5 minutes. Can do this with all types of categories. Older kids, ie 8 or 9, can do this as a written party game.	faster word retrieval			http://members.tripod.com/~Caroline_Bowen/wordretrieval.html
2					language	computer "puter": really fun software	cow, sheep, chicken, boy, pig, who's at the door, corn, more, apple, shoe	Fisher price- Play House & Farm		zainy brainy

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1	2					language	computer: baby and easy toddler software only: he can push keys to play. I give him 2 choices of cd's and name them "want baby or rabbit?" then he takes one and I say "baby" or "rabbit." Then I say "open" and tap the cd case. Then "give me cd" and I put it in the compute and say "push." To switch games, I say "new?" and tap mouse.	baby, rabbit, open, give me, push, etc		
1	2					language	computer: easy but good because the animals match the ones we have and the characters match.	blow bubbles, cow, sheep, chicken, boy, pig, ABC song, baloon, counting,	Fisher price - Toddler software	costco, toy r us, www.encoresoftware.com
	2					language	computer: there is a lot of fun language for him to learn with this game. I sit with him and we play together. I vocalize words we are learning as he sees them on the screen. Also, I keep a basket of characters and animals nearby and I bring out the relevant characters and they play on the keyboard	ABC song and much more, train,	software: Reader Rabbit Playtime for Baby	
			4			language	cooking: make chocolate milk... what do we need next/ Oh a glass, where is the glass/ in the drawer, no (laughing), etc....what do we need next, oh some milk? Where is it/ in the oven? No! ...etc			
	2					language	dressing: "hand, out" then gesture for him to take hand out of shirt. "foot, out" then gesture for him to take foot out of pants.		slip on deck shoes	
1	2					language	Dressing: he likes the teddy dressing (shoes, hat, pants) and the abc song on the phone. Also the best part of this cd is the dancing baby- where is pointer where is pointer, head and shoulders, etc. Otherwise, the game is a little boring, ie the peek a b		JumpStart Baby by Knowledge Adventure	
	2					language	Expand on single word utterances. For example, if your child says "car," you respond by saying, "You' re right! That is a big red car."			
	2	3				language	general: be animated and responsive			
	2	3				language	He needs to hear each new word in as many contexts as possible, the more experience the better. For example, show him real dogs and animals, not just a book or a character	language		
	2	3				language	hello "name"			
1	2	3				language	look for ways to interact w him constantly			
	2					language	open door, prompt for open.			
						language	snacktime: it's time for snack, mmmmmm, numnum. Let's go sit chair for snack.			
	2					language	Stairs: Count steps as you go up and down them.			
1	2					language	Stroller ride: When taking a walk in the stroller, for example, point to familiar objects (e.g., cars, trees, and birds) and say their names. "I see a dog. The dog says 'woof.' This is a big dog. This dog is brown." Use simple but grammatical speech that			

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1	2					language	Talk while you are doing things, such as dressing, bathing, and feeding. "Mommy is washing Sam' s hair." "Sam is eating carrots." "Oh, these carrots are good!" Talk about colors (e.g., "Sam' s hat is red"). Teach animal sounds (e.g., A cow says "moo").			
1	2					language	trains- show him brio trains, then hide them and prompt him to say choo choo to get each one			
1	2	3				language	try constantly to involve him in whatever I am doing			
		3				language	video: Lately I've been pausing his videos (like once or twice a minute) and asking him questions. He is getting quite good at answering! We are getting into some more complex words and topics now. Like "magic sparkle" "talking on the phone to topham hat" "Diesel is mean" "Thomas is nice" "in tunnel" "on bridge"....Plus I am certain now that he understands sad happy and mad. We also work on boy / girl a little since this video has some people in it.			
						language	window looking outside: talk w him excitedly, point and say tree, laugh at squirrels, make bird noises	goal 1: imitation, 2 initiation	zoo trip	
		3				language	zoophonics - his preschool introduced this program and he really likes it. It's a mix of kinesthetics and articulation to aid learning to read and spell. Since he likes it so much, we are using some of the zoophonics signals (hand motions) when repeating a word that he is not articulating well...for example Lara....I make the zoophonics L: signal and accentuate the L sound in Lara. Then he copies me (including the signal). I think the kenesthetic motion helps him say the word more correctly!!!!	articulation	zoophonics signals video and computer game	www.zoo-phonics.com
					?	Lindamood-Bell	reading: For reading comprehension/visualization, use Lindamood-Bell Structure Words (the Structure Words can also be used to help ... elaborate when "painting a picture"): What, Where (in relationship to each other), When, Size, Movement, Background, Mood, Perspective, Color, Number, Sound, Shape	reading		
		4				OT	Spelling with foam letters: Have him lay on his tummy over a ball or on a swing. Use foam letters on the ground in front of him. Pick either letters or a short word (can work on vocab.) and have him search for the letters (visual motor) then grab it and place it up on a foam block or area in front of him. Can arrange it so he crosses midline.	trunk control/strength		
	3	4				OT	After several repetitions of the same activity/movement, alter it slightly...it's an ongoing challenge for us parents!	Motor planning		
2						OT	airplane - I LIE ON my back with my son's tummy on my lower legs - which are bent, (his legs outstretched) he puts his hands in mine and with his arms stiff and my legs stiff - he is suspended above my head. crash landings are fun too	Modulation, Vestibular		

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		3			OT	Airplane. If you have strong arms/back then hold him across your shoulder, waist on your shoulder, feet in you hands, and ask him to lift his upper body and hands like an airplane. Weaker backs, lay on your back with feet up and balance him on your legs	Upper body strength		
					OT	Allow for extra movements in seat- small blow up cushion	Vestibular		
		3	4		OT	animal walks: pretend to be cats, dogs, bear or other crawling animals and make animal noises and chase each other - my 3 yr old likes this to some Wiggles tunes. Crab walk (tummy towards sky, weight on hands and feet), bear walk (tummy towards ground, weight on hands and feet), snake/army crawl (tummy on ground, use arms to move body). Seal, duck, crocodile, chicken walking is supposed to be good too, but I'm not sure how they look. At 4.0 we added a beanbag to balance	Crossing midline, Upper body strength, Proprioceptive		
					OT	anything done in dark - walk around in dark outside looking at stars, or pretend that the power went out and you have to use flashlights, play with glow in the dark toys (see science store/discovery store in solar system area)	Visual spatial		
					OT	Arrange and re-arrange the furniture	Proprioceptive		
		4			OT	Balance beam...you might be able to make a good challenge by buying a foam pool tube and cutting it in half lengthwise (ie with a utility or xacto knife)...ideal is to have different heights, walk forward, backward, sideward, kick things off, jump off of, etc.	Modulation, Vestibular		
		3			OT	Balance board - you can sort of make your own balance board opportunities when you are playing in the backyard. We were putting a plastic table away for the winter and my 3 year old loved standing on the top (alone, we had removed the legs) so it was a fun challenge. These round plastic tables are \$20 at OSH (orchard home supply)	Modulation, Vestibular		
					OT	Balance is a high level postural and sensory skill. The typical five year old should be able to balance on one foot for ten seconds, hop on each foot five times, transition in and out of chair, sit and remove shoes and socks using two hands, and walk a four inch wide balance beam. To work towards these goals: While holding the playground ball steady have the child lift foot to tap ball then return to the floor repeat ten times, eventually release your grip and have child balance foot on ball for ten seconds. Walking on curbs, stepping up stairs, kicking balls, and general leg strengthening will assist in balance			
		3			OT	Balance/hop on one foot - it was hard to get my 3 year old to want to do this with me as a game. Two things help ...the video "Teletubbies go exercise" and the video "Wiggles Dance Party" which includes a song called "point your finger and do the twist" both contain segments of "standing on one leg"	Modulation, Vestibular	wiggles dance party video	amazon
		4			OT	ball (or a pillowcase filled with bubble wrap and a single small bag of beans) suspended from tied and hanging from a tree. use a plastic baseball bat to hit it, like a pinata...	Visual motor, upper body stength		

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	3			OT	ball: He sits on a big exercise ball while I hold his hips (and later just his thighs) and I slowly move the ball one inch this way and that...so he moves his truch slightly to balance. Do this FAR AWAY from any hard furnitured or edges	Upper body strength		
				OT	Ball: Play catch with a heavier ball - move up to heavier balls gradually - be sure that you are there when he plays with it so no one gets hurt. Bounce and roll a heavy ball	Proprioceptive, upper body		
				OT	ball: ask him to sit on a hippity hop ball while he watches a 30 min video (this works for him at 4 years old). Or push a ball to the table and ask him to sit on the ball while he does the computer or a different activity (too hard at 4). He will use trunk muscles to stabilize himself while sitting on the ball	Upper body strength	www.pfot.com	
				OT	balloon - bat the balloon to keep it in the air as long as possible. He likes this at 5 years	Visual motor		
	3			OT	basketball hoop - for kids - with the hollow balls from the ball pit, or socks	Visual motor		
	3			OT	basketball net (toddler size) for in garage (it was outside, but he just wanted to try to throw his ball into the big boys basketball hoop). Our 3 year old prefers to sort of reach up and dunk a medium size basketball into the hoop, he's not ready to actu	Visual motor		
				OT	Bean bag chair or sitting in my lap for reading. Helps with deep pressure and help with body awareness	Proprioceptive		
	3			OT	Beanbag chair - sit it in to read, play crashing into the beanbag chair games. Beanbag cahirs make cool pretend mountains too (2 on top of each other, but stay closeby)	Modulation, Vestibular	mancini's sleep world	
	3			OT	blocks: something with a different feel, ie looks like castle pieces	Motor planning	plan castle	
				OT, outside	tire swing, disc swing. His PT recommended, I still haven't bought/found one yet, but I will	Vestibular		
				OT	body mapping: Hide under pillows on the couch or in a tent. Or Play sandwich, pretend to make a sandwich with a bean bag chair, or pillows. Better if he is lying on his stomach. My 4 yo loves this when he is tired or overwhelmed. We do the pillows and a blanket thing nearly every night near bedtime, I throw a heavy blanket over him and the pillows too. He calls this "hiding"	Proprioceptive		
	3			OT	Book: Where's Waldo (initially we are using the larger ones, about 12" high, not the small ones that come with magnifying glass, my 3 year old needed the larger format since the pages are so full of things to look at!)	Visual motor	wher's waldo books	www.amazon.com
	3			OT	Bouncing: large balls, hop ball, downstairs couch, mattress,	Modulation, Vestibular		
	3			OT	bowling...we go about 1x a month to the bowling alley with several other families with nt kids. We rent 2-3 lanes and give the under 7 year old kids one lane with bumpers. Our 3 year old loves this...although after a turns he needs a 5-10 min break ...we head o	Proprioceptive, social, upper body		
	3			OT	boxes: Push or pull boxes with toys or a few books in it	Proprioceptive		

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		4		OT	Brain highways, adventure trails...I just ordered this	Balance, bilateral coordination		www.brainhighways.com
	3			OT	bubbles: buster bubbles, squeeze to make bubbles	fine motor	buster	www.funforalltoys.com
	3			OT	bumble ball and other vibrating toys with a pull string.	Tactile		toysrus
				OT	Carry heavy objects-laundry, boxes, groceries	Proprioceptive		
	3			OT	Carry/push heavy items (baskets with laundry, groceries for Mom)	Proprioceptive		
	3			OT	chalk: With big, sidewalk chalk, draw on outside fence, side of house, driveway or picnic table	Upper body strength		
	3			OT	Chase someone running with tail tucked in back of pants(later try grabbing or stepping on tail)	Motor planning	animal tails	www.toutabouttoys.com
	3			OT	Chin-up bar in the doorway, we try every few days to encourage him to hang for a few seconds.	Proprioceptive		
	3			OT	Clapping patterns on body, table tops, walls.	Proprioceptive		
	3	4		OT	Clay and playdough, try plastic forks and knives for cutting the clay into pieces. A garlic press, whisk, rolling pin, cookie cutters, dull rolling pizza slicer. The barber shop/hair cut toy is great for social - take it to the park though - very messy...I also take a thin flexible cutting board in my park bag to make cleanup easier	Fine Motor , social		
				OT	Clean windows ie sliding glass door, using a spray bottle of water and a cloth	Proprioceptive		
	3			OT	climb a tree or climb UP a slide	Upper body strength		
		4		OT	color a large "rainbow" on the floor or easel or with sidewalk chalk ...talk about the colors, "what is your favorite color?" "may favorite color is blue...can I draw a blue stripe now?"	Proprioceptive, fine motor		
	3			OT	coloring- guide him to take turns coloring a drawing togetherLikes to do this with a white board easel and markers			
	3			OT	computer: to help his prewriting skills, I took a wacom computer tablet and attached it at an angle to an easel, then placed in next to his computer. Now he uses the pen as a computer mouse, which at least is encouraging new motor planning	upper body, motor planning		
	3			OT	Computer: Tonka Workshop. Comes with a playset that fits over the keyboard with a hammer, screwdriver, drill, sprayer, sander, etc.	Fine Motor, motor planning. Bilateral	Tonka Workshop	ebay ?
2	3			OT	Constantly refer to directions such as left, right, up, down, backwards, forwards, etc	Auditory		
	3			OT	Copy me: Walk, run or jump through hula hoops lying on the ground (the Teletubbies video "Teletubbies go exercise" shows this as a game with children called "copy me")	Modulation, Vestibular	teletubbies go exercise video	www.amazon.com
	3			OT	Copy rhythms: slap knees, drum, clap, type on computer, etc. (see "Clap to it" video www.amazon.com this is a great video, see children teaching the motions, our 3 year old loves)	Visual motor		

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		4		OT	crafts: glueing and stickers...at 4.0 he still has fine motor challenges, so I look for bigger/heavier weight stickers ...he uses these to "decorate" even say a fort that we build with pillows, sheets and clothes pins	fine motor		
	3	4		m OT	Cross bars/monkey bars at the playground. To help them learn, you can spot a younger child, or hold your hand under his bottom for support. For an older child, coach them to swing from the platform to the air back and forth, staying at the first rung to gain strength. I try to entice him to do this at least 2x a week, often as part of an obstacle course	Upper body strength		
		3		OT	cushions: we play with sofa cusins and also with large cushions that are about 2x4 feet filled with a sleeping bag or 2 regular pillows. He likes to pile them up or crash into them or hide under them	Proprioceptive		
				OT	Cut out bottom of a large cardboard box so that both ends are open-crawl in and roll	Vestibular		
				OT	Cut out bottom of a large cardboard box so that both ends are open-crawl in and roll	Vestibular		
		3		OT	Dance to music - the best we've found so far is Wiggles "Dance Party" video and CD. After he'd seen the video a few times he started to stand up to try to do some of the damce moves. Then we put away the video and played the Cd and danced together. Great	Visual motor	wiggles dance party video	amazon
				OT	dancing - ie wiggles music is fun			
		3		OT	Deep Massages - at 3, he loves back massage (not too deep, just hands)	Tactile		
		3		OT	Deep squeezes or bear hugs	Tactile		
				OT	Dirt- play trains in the dirt, dragging the trains thru the dirt is harder than running them along a track. Also you can bury things in the dirt, like a treasure. Put coins in a box and call it a traesure box. Make a small pile of dirt and sticks and crash the trains into the pile. Have them get stuck and other trains come to the rescue.			
				OT	Draw large shapes, letters or shapes outside on a fence with chalk, or on the sidewalk or inside on an easel. But it's really fun on the fence (wooden) or even on his wooden play structure	Upper body strength, brain gym		
		3		OT	Draw on easel with markers, or crayons, or paint (if the handle is slim, wrap thin bubblewrap with masking tape about 2 inches up from the end to simulate a "pencil grip")	Upper body strength		
		4		OT	Drink water. We finally found out the way to entice him to drink water, we bought "sport" water bottles that you squeeze and spray into your mouth (he still sucked them too) and that was fun/interesting enuf that he wanted to drink water. Now we use a glass of water with a straw at meals and a mini water bottle at school	Brain Gym		www.braingym.com

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		3		OT	dropping (gently) him onto the couch. His older brother invented this..."I'm going to throw you to the moon" and then dumps him horizontally onto the couch. We've extended by picking him up and running around the coffee "We are riding in my car....and I'm goi		Proprioceptive		
		3		OT	Environment: I try to limit the number of toys that are in his clear line of sight. I try to keep only about 3-4 toys out visible on each bookshelf or wall space. Many other toys are out, but they are generally in boxes that have been wrapped with white wr		Visual motor		
		3		OT	exercise: he and I jumped, crawled, stepped sideways, marching, standup/down, big hug etc for almost 30 minutes. It was truely exercise, I was sweating a little by the end. And it was 8:30 at night. We were very interactive the whole time too.		Motor planning	teletubbies go exercise video	amazon
				OT	fabric scrap box...small shoe boxes of different textured fabric can be added to an obstacle course. A larger box - he can climb into, or hide things in/under. The obstacle course idea is from "out of sync child has fun"		Motor planning		
		3		OT	Fall into a beanbag chair - www.connections (what) rdi guetstein ideas		Proprioceptive	relationship developme nt	www.connectionscenter.com
		4		OT	Shower, the pelting feeling of the shower feels good and gives pressure. We also have a chlorine filter on the shower head		Proprioceptive		
		4		OT	Finger painting with shaving cream..it's also fun to spray it in the shower or outside on a vertical surface and then squirt water at it...make it into part of a pretend play session..		Tactile		
		4		OT	foam blocks: Make constructions of large blocks to copy (take turns). I bought four 12 packs of toilet paper and four 6 packs and covered each pair in a different colored fabric using a full circle of clear book tape...to simulate foam blocks! I also covers some paper towel rolls. And I also ordered 6 foam blocks online, that are different shapes than I can make with toilet paper rolls! We've made patterns to copy about 5x with the TP roll blocks (all on Monday) so far. And he crashes them afterwards. I can see that this is a helpful and fun activity for him!		Motor planning		www.foamorder.com
		4		OT	Foot basketball: Have him grab beanbag or ball from the floor and bring it up and over behind his head. You will need to guide his legs as needed so he goes straight up and over and makes a basket (can use a barrel or anything like it). Help him to be succesful to keep it fun and eventually he will be able to "make baskets" by himself.		trunk control/strength		
		3		OT	game: Air hockey (small version)		Motor planning		
		3		OT	game: croquet golf: I used an inexpensive mini golf set from oriental trading, I bent coat hangers and attached them to the animal goals with 3" wide clear tape. He plays this at the park with typical peers. It is a great way to encourage peer play		referencing	mini golf set	http://shop.store.yahoo.com/armgoods/outinclas.html , www.orientaltrading.com www.discoverytoys.com
					hammer and nails- real. Can hammer golf tees into styrofoam, crab mallet				

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							exercise tubing in car				
							scruber or wide paint brush on self,				
						playdate	feely shapes				
							dinosaur morning: mess of cream of wheat, blueberry yogurt, dinosaurs in the swamp				
							paint in a ziplock bag, add a 2nd color later				
							just the right challenge				
							shoe box obstacle course, add more of a challenge by stretching...farther apart				
						3	OT	gardening/digging a hole	upper body strength	plastic shovels,	talbots
						3	OT	gymnastics- we take him occasionally to "open gym" at a local "junior gym" during open gym time	Proprioceptive, upper body		
						3	OT	Hammering activities.	Proprioceptive, upper body	hammering game	www.theraproducts.com
							OT	Hammering golf tees into styrofoam	Proprioceptive		
								hand exercises: pinch open a clothes pin 10x iwith right hand, then left, using thumb and index finger. Click a ball point pen that clicks, 10x R/L. finger circles. Walking fingers up a pencil. Pop bubble wrap. Travelers mini Lite Brite (same size pegs, battery operated), Penny pass (Wachs), Squeeze balls in the car, Use a stapler	pre handwriting fine motor		
								hand matching - this game is played face to face, with hands held up like patty-cake, but you change the direction of your fingers, and the child must match, like a mirror, the finger positions -i.e. fingers facing up, palms down, one hand one way and then the other. Cross midline as you do this copying game and you add another benefit. Similar to the Beanbag mania game (in the book Out of Sync Child has fun)	crossing midline, Visual motor		
						4	OT	Hang on monkey bar- adult supervision to prevent injury	Proprioceptive		
								Hang/pull-up from trapeze bar or from a chin-up bar. Our 3 year old likes to ride piggy back on my shoulders, then when we get to the doorway with the cinup bar, he grabs in and I slowly crouch down	Upper body strength		
						3	OT	Have child roll with bean bag in hand, arms over head, and then throw bean bag at a target about two feet above ground	Vestibular		
							OT	Have child roll with bean bag in hand, arms over head, and then throw bean bag at a target about two feet above ground	Vestibular		
							OT	Have children walk "small" and then walk "tall" (squatting to tiptoes)	Vestibular		

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		3				OT	Heavy work: Carry heavy things: bean bags, etc. At halloween, our 3 year old would carry around pumpkins (big and small sizes) several times. We would line them up and move them about.	Upper body strength	
		4			m	OT	Hiding: bag of feathers, or corn, lentils, noodles, acorns, pistachio shells, sea shells, rice, for feet or hands.	Tactile, visual spacial	
		3				OT	high fives" to give praise for a good job.	Tactile	
		3				OT	hippity hop ball: Bounce, race. I can get him to sit on the hippity hop ball, and he will try just a few times to bounce, then he sortof runs with it between his legs. This needs more time!	Proprioceptive	
		4				OT	Hokey Pokey.	Motor planning	
		3				OT	Hopscotch - draw a simple hopscotch with sidewalk chalk, use "hopping" thru the hop scotch as part of an "obstacle course" activity. Say "my turn" and go thru the course. Then say "your turn" point at him and encourage him to do the course. It's ok if he	proprioceptive	
		4				OT	pony ride at a quiet farm that has gentle ponies in a big area - we did this for the first time at a birthday party...really cool. Later can grow to real horseback riding	Proprioceptive	
		4				OT	Hot dog" game where child lies across end of a blanket and is rolled (ends up inside the rolled up blanket with head outside)...Spandex: did hot dog 2x with the 6ftx5ft piece of lyra swimsuit fabric. He doesn't object, but he wants to get out of the hot dog right away, as soon as the rolling part is done.	Proprioceptive	
		3				OT	Hungry, hungry hippos: we have the travel edition, it's a little hard to play because it needs to be on a level surface or the balls all slide to one side. But it is a big hit	social and motor planning	
						OT	indoor rainy day playground - indoor doorway bar that has an optional swing kit www.abilations.com (call for catalog) . Note: we have not tried it	Vestibular	www.sensationalbeginnings.com
		2	3			OT	indoor trampoline with handle www.sensationalbeginnings.com or jumping on a mattress or old couch gentle bouncing- I hold him and bounce on an excercise ball, note, the ball is between the back of a couch and a table, so I can brace myself against the couch	Vestibular	
		3				OT	Intice him into any activities that involve bouncing, crashing, jumping, swinging or spinning	Modulation, Vestibular	
		3				OT	Jump or hop in a rhythm	Modulation, Vestibular	
		3				OT	Jump over various sized objects, such as a cardboard box or a book. Or cracks in the sidewalk	proprioceptive	
		4				OT	Jump side to side over tape (I use blue masking tape) line....you can add a path of homemade 4"x4" beanbags as path markers too, he has to jump onto the beanbags as part of an obstacle course	Crossing midline	
		3				OT	jumping and singing silly things like "I am jumping, I am jumping, your turn" then hopefully he will say it too...	Modulation, Vestibular	

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		4	5		OT	jumping from a mini trampoline into a bean bag chair as part of an obstacle course on a playdate.	Proprioceptive	
	3				OT	jumping off a couch armrest and onto a big textured pillow (non slippery cover), often as part of an obstacle course.	Modulation, Vestibular	
	3				OT	jumping, hopping, or galloping on bouncy surfaces: on a mattress or trampoline	Modulation, Vestibular	
					OT	karate - We are going to try this after he is 5 years old	Proprioceptive	www.ekarat
	3				OT	Keyboard - we pretend to give a concert on the piano - "Ladies and gentleman..." and then play when something goes wrong, "hmmm, who turned off the keyboard?"	Visual motor	
2	3				OT	keys to the house: give him keys to help open door	fine motor	
					OT	kit toys: toys that require taking apart and putting together, ie train, truck, etc. that you have to unscrew this part to remove the wheels, unhook that part to release the door, etc. with toy screw driver or wrench or hands. When the pieces are apart , then it is like a three-D puzzle to put back. It won't work if it is not put together correctly. Start with taking the toy apart first, because it's easier and gives the child a way to learn the assembly	sequencing	car www.discoverytoys.com
		4			OT	dart board: velcro or Koosh loop ball dart board	Visual motor	
	3				OT	laundry: push the box to the garage, and help sort laundry	Proprioceptive	
	3				OT	Lite Brite, can play with it in semi-dark, At 3.5 and 3.9 he is not interested at home, but likes this at ot.	Fine Motor , visual motor , creativity	
	3				OT	magnetic dozer....this requires holding a magnet under a tray to guide a bulldozer thru sand. For our 3 yr old, I mounted it in a cardboard box with a side opening for his hand, because he's not ready to balance it in one hand while moving the magnet in the other	fine motor	http://shop.store.yahoo.com/armgoods/magplay.html
	3				OT	magnetic playsets, use painter's masking tape to attach the background play scene to an easel.	Upper body strength	http://shop.store.yahoo.com/armgoods/magplay.html
	3				OT	magnetic train, choo choo charlie. Very fun	fine motor	http://shop.store.yahoo.com/armgoods/magplay.html
		4			OT, playdates, outside	Painting with water the trees, fences, sidewalks, and playground equipment	upper body, fine motor	
	3				OT	Mirror: Have him do activities/movements in front of a mirror, so he can see what his body is doing. Encourage imitation	Motor planning	
	3				OT	missing game: Have him identify missing partswe hide something and say "what's missing?" "ohhhh, dear"	Visual motor	
	3				OT	monkey bars at the park. At one local park the first monkey bar is very close to a platform. We are trying to teach him to grab it and swing once in the air and then to put his feet back on the platform. Other kids' model	Proprioceptive	
		4			OT	obstacle course addition: Cross walk over a rope (ie a jump rope), or over tape line (forwards, backwards)	Crossing midline	

age we used						t		
		4		OT	Obstacle course inside: see the out of sync child has fun for some great ideas. We've added stepping/balancing on homemade beanbags (4"x4") and stepping from a couch onto a beanbag chair (hard to stay standing). I also use blue painters tape on the carpet to mark zig zags, starting points, and places to walk (ie if the path isn't clear). cotton stretchy fabric tube (fabric store) and/or tunnel, and balance beam of couch cushions or "crawl balance beam" of toilet paper blocks. the out of sync fun book has a nice intro to obstacle courses. I changed one leg of the course each time he did it...I made the "shoe boxes" of stuff...I used paper, fabric, bubble wrap, rope...anyway...he has some balance challenges standing on things that are a bit unsteady - like a beanbag, or a beanbag	Modulation, Vestibular		
				OT	Obstacle course: crawling, bounce and catch ball, pop beads, use tongs to carry small objects, spoon race,	Proprioceptive		
		3		OT	obstacle course: For a sensory path/obstacle course in the yard... we lined up some bricks in the dirt in our side yard. And I wrote numbers on the bricks with markers (permanent)...because he likes to count. We sometimes play at taking turns walking across the bricks...there are about 30. They are spaced several inches apart and placed end to end. In some places there are 2 in parallel, so the path is wider. On the narrow parts of the path he walks one foot on a brick, one foot off. This is good for him too.	Modulation, Vestibular	bricks	hardware store
		3		OT	obstacle course: Stepping into and out of boxes or hula hoops. Or around little orange cones (from sports store). Place a number of obstacles in a staggered line across the room and model doing the course. If he likes a abc's or numbers, label the course	Motor planning, Modulation, Vestibular		
		3		OT	Open doors that are heavy or that have a little bit hard-to-turn door knob	Upper body strength		
		3		OT	piggy back rides. I ask him (he's 3) "where do you want to go? the couch or the bookshelf?" At the end of the ride I roll him off onto a soft cushion or couch	Modulation, Vestibular		
		3		OT	Pillow fights...we are starting to do this a littlw just with regular pillows. But he isn't very comfortable with getting even lightly bonked on the head with a small pillow	Proprioceptive		
	2	3		OT	pinwheel- say blow and prompt	oral motor	pinwheel	www.orientaltrading.com
		3		OT	play dress-up - we have many hats all in a big box...	pretend play	hats!	talbots 650-342-0126.ebay, target at halloween www.purcifuls-toys.com
		3		OT	play outside!!! He is happier and better modulated on days that we play outside at least 30 minutes. Even when it rains, we try to layer on jackets and splash some puddles.	modulation		

age we used						t				
			3		OT	playdoh: make snakes that can hiss along the table and up his arm. Make little hot dogs to feed to other characters. Put real candles into a play doh cake for stuffed animal birthday. Using a mold, ie the Barney playdough molds, make little people and have them talk to each other.	.	fine motor		
			3		OT	Playing on playground equipment. He loves to copy the other kids, if they are climbing UP a slide, he wants to do it too. I just stand near and try to help and make sure he's safe. It is amazing how he's improved. We can't find any teeter-totters or	.	Modulation, Vestibular		
			3		OT	pouring water into and between bowls- ie from a water bottle or a gallon milk jug. We do this as part of our finger paint outside play dates	.	Proprioceptive		
			3		OT	pull cooler on wheels	.	Proprioceptive		
			3		OT	Pull other kids around on a sheet or blanket or wagon. The wagon is a big big hit at the park!!!	.	Proprioceptive		
			4		OT	Punch a punch ball. He didn't want to try at 3.5. Later maybe try to hang it from ceiling or tree and bat it. • Swatting at bubbles with a fly swatter. • Batting practice with balloons	.	Motor planning, visual motor		
			3		OT	Push weighted carts or boxes across carpeted floor	.	Upper body strength		
			3		OT	Push/pull heavy things: blocks box, wagon, chair, etc. Take a wagon to the park and give rides to other children. Especially hard to pull around the grass or thru the tan bark	.	Upper body strength		
					OT	Put a tape or chalk line on the floor and have the children walk forward on the line, backwards, do crossover steps over the line, and walk sideways on the line.	.	Vestibular		
			3		OT	Put coins into a bank, talk about the coin types.. "do you want a penny or a quarter? How many pennies do you want...oh the bowl is empty	.	Fine Motor	apple bank, also there is a cut	www.theraproducts.com
			2		OT	puzzle: guide his hand to put each piece into appropriate place, then back off	.	fine motor		
			3		OT	Puzzles... Talbots has a few that are 25 piece "see behind" that are good for 3.0, also 6 piece block puzzles	.	Motor planning, fine motor	bob the builder	www.smartygifts.com/smallbobbuilder.html
			3		OT	Quiet squeeze toys and squeaky ones	.	Proprioceptive		www.theraproducts.com
			3		OT	Rake leaves in the yard, he has a little rake, but doesn't want to rake leaves- just wants to poke it in the trees	.	Proprioceptive		
			3		OT	roll him stomach down on the ball, towards his feet til they touch the ground, then towards his hands till they touch the ground. Say "Back" "Front" and later "I am rolling forwards. I am rolling backwards"	.	Upper body strength		
			3		OT	Rolling - we play rolling games on the floor	.	Proprioceptive		
			3		OT	rolling down a grassy hill - fun at the park	.	Modulation, Vestibular		
			3		OT	Rolling in a short tunnel, we have a 3 foot long tunnel that came with our Playhut "folding tent" ...At about 3.5 we started a game where he gets in the tunnel and I roll him a few times across the room while I sing "we are rolling..."and other things tha	.	Modulation, Vestibular		

age we used						t			
		3			OT	rope ladders - disneyland and california adventure had these, he loved them. Wish we could find a local park with them!	Proprioceptive		disneyland, ca adventure
2	3				OT	sandbox: "sand in" later "fill sand"	tactile		
		3			OT	sandbox: Playing in sandbox with damp heavy sand	Proprioceptive		
		3			OT	scented play dough	Smells	dream	www.zanybrainy.com
		3			OT	scooter board (our 3 year old enjoys laying tummy down on the scooter board at OT, but I don't think he'd do this for us at	Modulation, Vestibular		
		3			OT	Screw nuts on to matching bolts. Start with the largest size first and then move to the next size down. So far at 3.5 and 3.9, he doesn't want to do this activity	Fine Motor	plastic large nuts and bolts	www.theraproducts.com
		4			OT	shadow puppets with hands against a light. Sing "where oh where oh where is shadow" from "bear in the blue house"	Proprioceptive		
		3			OT	shopping cart: Go "shopping" with a child's shopping cart filled with items	Proprioceptive		longs has one, easter 2003
		3			OT	Short pieces of crayon and chalk, encourage a better grasp than larger whole ones for very early preschoolers	Fine Motor	sidewalk chalk, short jumbo	www.sillygoose.com talbots 650-342-0126 www.theraproducts.com
		3	4		m OT	Shovel sand into a wheelbarrow, wheel the wheelbarrow to a spot, dump out sand and use a rake or hoe to level it out. Shovel and dig in the yard. He has both big plastic shovels (a la gardening) and little ones (ie sand toys). See also obstacle course.	Proprioceptive	child's wheelbarrow	longs has one, easter 2003
		4			OT	Simon Says: at 4 he understands that this means to copy me...we use this to work on bilateral poses (crossing midline) like tapping quickly your right hand to on your left foot for a count of 10. Simon Says games: we started working on right/left. Raise your right hand, raise your left hand. Put your right hand on your left foot. Put your right hand on your left shoulder. 6/6 times he did Raise your right hand or raise your left hand correctly. But If I said Put your right hand on your left foot...he was 6/6 wrong, so I had to prompt. He does much better now since I now say raise your right hand, then put your right hand on your left foot... I think he has to know right/left before I can work on crossing midline with simon says. So we are talking alot	crossing midline		
		3			OT	Simon Says: Touch different parts of own body, different sides, different hands, like . With our 3 year old we have had best luck with this when singing the song "head and shoulders, knees and toes" ...he doesn't yet understand Simon says	Modulation, Vestibular		
					OT	Sit on a large ball at table- allows for vestibular movement and requires automatic balance reactions.	Vestibular		
		4			OT	Sit-ups - I hold his feet, knees are bent, he lifts his head and shoulders off the floor with arms crossed ..do 10	Upper body strength		
		3			OT	sleep: use lots of blankets (heavy) at night	Proprioceptive		

age we used						t			
			4		OT	soccer, phase 1: start with fun play with just the parent and child, using feet to kick the ball to each other and to dribble the ball around a small yard. Set up cones to be a goal and entice him to dribble the ball into the "goal"... Another fun warm up is that when ever you say a magic` word, all of the kids put a certain body part (ie elbow) on their ball (each child has own	motor planning		
			4		OT	soccer, phase 2: more drills, he needs to learn to kick the ball from a distance into the goal. And he needs to learn to run up to an empty ball and dribble it quickly to the goal. He need sto learn the concept of my goal, and their goal	motor planning		
			4		OT	soccer, phase 3: now he can join a U6 AYSO soccer team...	motor planning		
		3			OT	song: A Sailor Went to Sea (see "Clap to it" video)	Crossing midline	"Clap to it" video	amazon
	2	3			OT	song: row, row, row your boat: both sitting on the floor, pushing and pulling each other	Proprioceptive		
			3		OT	songs with hand/body motions (Five Little Ducks, In a Cabin in the Woods, Hokey Pokey). The Wiggles videos and corresponding CDs have been helpful. Show the video a few times til he starts to move (any approximation of the gestures should be encouraged)	Visual motor		
	2	3			OT	Spinning: on swivel office chair...his speech therapist used to do this at the beginning of therapy to help him be alert. I swing him (alternating once each direction) on occasion if he is getting frustrated	Modulation, Vestibular		
		3			OT	spirograph - we have a my very first spirograph that works with crayons, he doesn't like it yet though at 3.5	Fine Motor		
		3			OT	Squeezy balls and toys	Fine Motor	talbots has	www.theraproducts.com
		3			OT	Sweep pine needles off the back porch after a wind storm!	Proprioceptive	big heavy brooms	
			3		OT	Swimming - we started him in a very small swim class for 3 year olds, which he loves. And we joined the Y so that during rec swim his dad can help him practice swimming too. We bought a set of goggles, and a small floating barbell and flippers for rec swim at the y. they key is to get him to want to move in the water, not just to be in the water.	Modulation, Vestibular, proprioceptive, uper body	le petite baleen	http://swimminginstruction.w ebshq.com
			4		OT	Swing.... in any kind of swing. You can get a hammock chair and hang it from the swing set for a deep pressure swing. At 4.2, sometimes he wants to swing in the easy baby swings at the park. I push his FEET (so that way he has to work too)	Modulation, Vestibular		
			3		OT	Swinging: in blankets , swing, playground, someone pushes on his leg while swinging, laying on his tummy on a swing, stop and start on the swing (at 3, he doesn't like swinging at home/park, but he likes it a bunch at ot)	Modulation, Vestibular		

age we used						t			
				3	OT	Sword fights with foam swords (available by phone from Talbots, I could's find them for sale online anywhere). Alternatively use foam tubes that are really pipe insulation from the hardware/home depot store...you can cut these into any length. Or use "pool tubes" the big foam swimming toy sold many places in the summer	attention, Visual motor, social	foam swords	talbots 650-342-0126.
				3	OT	table: help set table (using plastic or paper plates) "everybody needs a plate", Wipe off the table after dinner	Proprioceptive		
				3	OT	Tent: make a tent with blankets or sheets pulled across a few chairs. Ideal if it's tall enough for you to fit inside and you can play a game inside. Even better is a large pup tent with a built in floor. He likes to drag pillow and balkets in here. We play alot about who (which dolls) can come in and what they want to do. Or play flashlights	Proprioceptive	www.ikea.com	
					OT	The cat is on the chair, you copy him. Then have child use words to describe where he is. "I'm on top of the chair".	Proprioceptive		
				3	OT	Throw a ball or bean-bag into a box or through a Hula Hoop (start with BIG targets). He likes the flip flop faces set from discovery toys	Upper body strength, motor planning, proprioceptive	flip flop faces game	www.discoverytoys.com
				3	OT	Throw balls into a toddler swimming pool or ball pit. In the winter we set up the toddler swimming pool in the garage and filled it with the plastic balls that are sold in boxes of 100 for use in ball pits. Warning, the balls quickly find there way all around the garage!	Visual motor	100 balls set, and a kids swimming pool	toys r us or www.amazon.com
				3	OT	Throw/catch balls. My 3 yr old's OTis trying to teach him to catch with 2 hands and also to throw with one hand. He can throw reasonably well now (a light ball)...but catching is too hard still. We like to play with a beach ball on the stairs (short stairs).	Visual motor	gertie balls	www.theraproducts.com
				3	OT	tinker toys - model building things that are high or complex. New tinker toys are hard to connect, so need to help or use an older set. At 3.9 he does not build with them, but he holds 2 at angles and calls it his bow and arrow.	Motor planning	tinker toys	
				3	OT	Tracing - at 3.9, the school OT helps him trace	Fine Motor		
				3	OT	Trampoline - with a handle that he enjoys, but he only does it a few minutes a day, if that. Note:it is timeconsuming to assemble! www.kbtoys.com has several models of inflatable trampolines called jump-o-lene , looks interesting but I'm not sure how long they will last before one of the seams breaks	Modulation, Vestibular		www.sensationalbeginnings.com
				4	OT	Trike (bike): well he finally learned this at 4. Be sure that the trike is easy to pedal and that his legs reach the pedals correctly, seat height is perfect, etc. Then I took a favorite toy and bribed him to ride his trike for about 15 feet (on a very flat surface). After a few days of bribes..I started to move more of his toys outside across the sidewalk...and when he wanted those i said "hey, we have to ride our bike to go to the station"			
					OT	Tug of war	Proprioceptive		

age we used						t			
		4		OT	tummy: (prone) lying on the stomach and propped on his elbows, but NOT with his hands holding his head (because we want the trunk muscles to be holding up the head weight). do puzzles, watching TV (if TV is low to the ground, so no neck stain), play board games, or color. Also carrying objects such as laundry or groceries held in front. This strengthens the back trunk muscles.				
		3		OT	tummy: Lie on tummy on a wedge while reading, or on elbows	Upper body strength			
		3		OT	tunnel- crawl thru a tunnel, there are even some bigger cloth tunnels that are fun for other kids and adults	Upper body strength	talbots		
				OT	Turtle walk- place beanbag on the back of the child while on all fours	Proprioceptive			
				OT	Use spatial relations to describe pictures and then self-example.	Proprioceptive			
		4		OT	Vibrating pen (for writing and drawing). We use the vibrating pen with out the pen insert as a pretend "drill" as part of bob the builder play	Fine Motor			
		3		OT	Wagon. Pull a friend or heavy items in a wagon. Megablocks sells some blocks packaged in a small plastic wagon that is good for pulling "stuff." His friend has this and he loves it. I would love to buy a red "flyer" wagon one day for pulling	Proprioceptive	megablocks in wagon toy. Red flyer wagon		
		3		OT	Walking in our backyard or a wooded area, jumping from rock to rock, or brick to brick (laid flat on dirt area), and . There is a small wooded area near a local park, he saw some kids climbing a very small tree (poor tree) and he was determined to do the same. I just stand near and try to help and make sure he's safe by holding out my hands as a spotter.	Modulation, Vestibular	bricks	hardware store	
		3		OT	walking up/down the stairs and singing "I am walking down the stairs, your turn" then he will say it too...	Modulation, Vestibular			
				OT	Wash tables, chairs, chalkboard	Proprioceptive			
		3		OT	Wash the car - we do this with Daddy and mommy every few weeks. He gets his own bucket with soapy water and big sponge. He likes this more since he saw teletubbies children washing cars on a software game called Teletubbies 2.	Proprioceptive	teletubbies 2 software game		
		3		OT	water: Use a water mister to mist plants or grass.	Fine Motor			
		3		OT	Wheelbarrow walking - he has to wheelbarrow to a certain place before he can pickl a thomas book. After several months of this, he is so much stronger.	Upper body strength			
		3	4	OT	wheelbarrow walking (hold him by the thighs at first til he is stronger). At 4 years I hold him by his feet, PT suggested adding a beanbag to his back for more challenge. In groups you can do races	Proprioceptive			
		3		OT	Wilbarger Brushing and joint compression. Alerting (for our guy) to do before school. I stopped doing this after 3 months, then restarted a month later realizing it was helping and he still benefited (but at 1- 2 x a day level)	Proprioceptive			

age we used							t		
		3			OT	Wind-up toys (with big key first, then graduate to small narrow winders). Note: so far he doesn't want to help wind, even if the key is big at 3.5	Fine Motor	wind up toys	www.theraproducts.com
		3			OT	Wrestle (dads and brothers love this)	Proprioceptive		
			4		OT	writing preparation (homework) - we write down 3-5 things on a list. 1) hand exercise, 2) 20 zoomballs, 3) cutting, 4) handwriting 5) a favorite activity (ie computer). That way he does some prewriting exercises/warmups before the actual writing. Hand exercises include clicking a clicking pen with hs thumb 10x each hand and opening a clothespin 10x with each hand, see other fine motor activities in this list. Other activities are pop tubes (pull them all the way apart using both hands, then loop the ends together into a circle, then push the tube back to it's original size). Note: all of this is done at a chair and table with feet flat on floor and table hits slightly above belly button.	fine motor, prewriting		
		3	4		OT	Yard work, raking grass/leaves, pushing child's wheelbarrow	Proprioceptive		
			4		OT	Yoga positions, great! Get the nice yoga cards from theraproducts.com and there is a nice book from amazon "yoga for the special child"..at 4.0 I ask him to pick one of three yoga cards or positions...we hold it for a count of 20. I have the yogakids video, but that hasn't worked for us...I am hoping to add the beathing soon	Modulation, Vestibular		
		3			OT	zipper: pull zipper down (in the mornings, to help take off his sleeper)	Fine Motor		
			4	m	OT	zoomball: have him practice with the big one and see how far he can propel it. You want it to be long enough that he has to give a full effort to reach the end. The big one may be too heavy for him, in which case you'd either have to make your own or check out the keychain one. You can tie or close one end to a doorway so it's elevated place a toy or object on the end and have him try to "ring the bell" or "reach the toy" with it.	bilateral		
			4		OT SI	game, Jenga	Visual Perceptual		
		3			OT, outside	barefoot play in the grass, ie with a kids pool of water	tactile		
			4		OT, floortime4	Statue: initially just freeze and pretend that something he said or did caused you to freeze (ie he pointed a sword at you), or pretend to tell each other "stop" and then the person pretending to be a statue has to stop. Later, add auditory/following directions piece. "be a statue with your right hand on your head"...take turns being the statue. Or make a musical game. When the music stops everyone freezes	Proprioceptive, enagement, auditory		

age we used							t			
			3		OT, language	computer: I use computer game time as time for me to relax and time for him to engage (learn w/ the computer). The computer games with a playset that goes over the keyboard are great for fine motor skills/bilateral coordination too, like Tonka Joe. These types of games seem to be seasonal and harder to find. There is a barney musical one, tonka joe tools, Thomas railway set (hard for my son motor planning wise – got good at it about 3.8 years)...and a cash register (ok, not great , but I bought it on clearance and he likes it).		fine motor skills/bilateral coordination		
			4		OT, playdate	badmitton- even though he can't volley, at 4 he (and the typical kids) like to try...at least one person throws the badmitton and the other can often bat it		Visual motor		
			3	4	OT, playdate	Bubble wrap- hop on it!, the bigger bubbles are easier to pop. Or pop with fingers Tried this at 3.5 but it kindof scared him		Fine Motor , proprioceptive		
			3	4	OT, playdate	cutting: we take blunt fiskars scissors outside and he loves to try to cut leaves and flowers. Get an extra pair for a playdate activity...I even take several pairs to the park and the kids like to "cut the grass" to make pretend "soup"		Fine Motor		
			3	4	OT, playdate	finger paint - huge play date hit. At 4.0 we added stamps and stamp pads		fine motor, tactile, social		
			3		OT, playdate	Horseshoes game, playskol has a version that "clanks" when a plastic horseshoe hits the target. My 3 yr old isn't coordinated enuf to hit the target yet, but his friends like it!		Visual motor		
			3		OT, playdate	I Spy - this started when we got the "I spy wheels" board book. We are now graduating to some of the more advanced versions of the book series. But we play this most frequently on walks and car rides " I spy.....a tree" ...I spy games and books are also good for playdates		Visual motor	I spy books	amazon
			4		OT, playdate	Knock down targets (e.g. cups) with balls, beanbags, etc.		Visual motor		
			3	4	OT, playdate	marbleworks		Fine Motor	marblework	www.discoverytoys.com
			3		OT, playdate, outsi	mud pies - we are just starting to do at the park. Take sand toys and a large bottle of water to a playground with tan bark, instead of sand. Find some sticks too!		Tactile		
			4		OT, playdate	Punching bag or tetherball good to hit, small kid's punch gloves are great too (preschoolers don't punch hard, it's just a fun ...more social game). He may only want to hold the punching glove and pretend to punch things at first, that's a good start! And it's fun sensory play.		Proprioceptive, upper body		talbots in san mateo has a blow up clown with some sand in the bottom
			4		OT, playdate	punching: Hit a punching clown (inflatable, tall, with beans in the bottom so it springs up after you punch it)		Upper body strength, visual motot		talbots

age we used						t			
		3	4		OT, playdate	swimming: set up a toddler swimming pool in the backyard on a hot day. Take a small ie 3 foot high slide and have it land in the pool. You have to stand there and help the kids with the slide, but the love this activity! Also bring out squirt guns, add some of those play balls that are about 3" diameter and are hollow (they come in sets of 100 with a ball pit from toysRus). These will float in the pool			
		3			OT, playdate	Three wheel scooter - great for play dates if other children have too	Motor planning, social	razor jr scooter	talbots 650-342-0126. Or www.tinkertots.com
		3	4		OT, playdate	tug a war with a jumprope. Take it to the park, if there are some older kids (ie 7-8) then they will usually initiate this. with typical peers this week, get a thick rope about x feet long with knots (how many knots?)	Proprioceptive, upper body	jump ropes	talbots
			4		OT, playdate	Water games with a variety of cups and buckets. But a fun summer play backyard sprinkler, encourage kids to jump around in the water doing "tricks" or different dances or moves. We also have sprayer for the end of the hose that wil only work WHEN you SQUEEZE it, it's great for hand strength...use this when washing the car too - get him to help wash the car...talk about why you are washing the car	fine motor, visual motor		
		3			OT, playdate	water guns - helps with both hand strength and visual motor, we play this outside, and squirt the flowers and pinecones, etc. Our 3 year old likes to play a game to pretend to squirt his older brother, but he does NOT like to be squirted himself. If the weather is hot, splashing in a kiddie wading pool is fun, goes well with the squirt gun play. spray bottles are fun too	Visual motor, fine motor	water guns	
		3			OT, playdate	water play , pouring from one container to another			
		3			OT, playdate	water: Go outside water plants, we started with a child size watering can as it was easier for him to work with. he likes to carry and play with a watering can (heavy work).	Proprioceptive		
		3	4		OT, playdate, spee	Cooking: Make chocolate "muffins" from cake mix, using a mixer and cupcake holders, Mash potatoes, Snap green beans , Set table (with plastic or paper plates first)....			
		3	4		OT, playdates	Flashlights....fun for playdates if it's dark. In the day time, he gets inside a tent and I am outside pushing the light against` the tent...we make up funny stories about that I am a monster, etc. Then switch and he does it. Use a heavy flashlight that adds proprioceptive too	upper body, visual tracking		
			4		OT, playdates	Keep balloon in the air with hand, fly swatter or nerf bat	Motor planning		
		3			OT, playdates	Miss Mary Mack (see "Clap to it" video). At 3.9 he kind of dances and does some individual movements but doesn't cross clap yet. Other kids like to play hand claps too, great to get 6-8 year old girls at the park to model	Crossing midline		
		3			OT, playdates, outs	Sidewalk Chalk- try to encourage drawing on the fences and side of the house. This is better than drawing on the ground for early learners...helps develop hand muscles. When chalk is wet it is even more challenging	Fine Motor	sidewalk chalk	

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					parent selfcare	Buying toys...here is what I have learned...just buy toys that you really really think will be very fun. Avoid having too many of the same type of toy, ie too many puzzles, too many playsets. Here is my one exception: I buy endless numbers of books for him, because we both love reading! Also, it is easy to find good homes for books when you are done with them. We've donated many to his school and therapists.	energy and motivation for us parents!		
		3	4		parent selfcare	find a local parent group for special needs kids. At first, I did not attend any local meetings, because I felt like every hour was one that I should use to work with my sonxAfter a year, I realized that I needed a bit of live contact with other parents; to get local therapists school districts schools and play ideas, to hear their stories, to tell mine, to not feel alone. Ask around, eventually you will find a local special needs group to connect with.	energy and motivation for us parents!		
					parent selfcare	I have found that anytime I scoured the net, or visited 3 or more stores looks for some particular toy...that that was not a good use of my time. If, with 2 store visits or 10 minutes of net searching, you can't find the toy you think will help him learn x, y or z ...it's nearly always a better idea to look for a more creative solutioou want a certain set of character toys - try color copying the character's pictures and then tape the pictures to rectangular wooden blocks. or go the fabric store and ask people there to help you with an idea to make a peter pan hat or a certain costume...	energy and motivation for us parents!		
		3			m playdate	Game: A B Seas Alphabet Fishing - fun to play. We used in for fine motor mostly as he already had his abcs. But it is fun for strategy and turntaking too. Highly recommended. Fishing poles have little magnets to pick up letters. I only put the letters needed for the boards out. And I let him place a letter on either	fine motor, motor planning	fishing game	www.discoverytoys.com
		3			m playdate	game: red light, green light : hold a few stacked up green duplo legos in one hand and red ones in the other hand. Make a masking tape line for the child and a helper to stand behind. Say red light and old up the red block, then green "go" and hold up the green block. They should run towards you when green and freeze when red. They race to touch you. Then rotate the person playing the light (but a novice player should practice just playing first). Up the drama by making the game silent.	social		
					playdates	bug in a jar			
		3	4		playdates	decorate cupcakes or cookies			
		3			playdates	finger painting- tape easel paper to the outside of the sliding glass door. Put finger paints, popscicle sticles, and wide handled brushes on a low box ...big mess, big fun...an idea I haven't tried is adding sand to the paint for texture			
		3	4		playdates	park and playground is way more fun if other kids are present. Especially fun with peers or familiar friends! We always take a "park bag" filled with toys, juice, and snacks....Popular toys: sand toys, junior stomp rocket, playdough, balls.	social		

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			3		prewriting, OT	easel: Working on a vertical or slanted surface (tape easel paper, preprinted mazes or dot-to-dots on an easel, wall, sliding glass window, 3-ring binder sideways). If it's a vertical surface put the work at eye level. This is good for color, painting, colorforms, magnet play. Also, you can put magnets on your refrigerator or onto a magnetic whiteboard.	Fine Motor		
			3		prewriting, OT	Legos - at 3.9, he would still rather line to make a train then stack them to make towers, but legos are still great.	Fine Motor		
			3		prewriting, OT	Magna Doodle toy	Fine Motor		toysrus
			3	4	prewriting, OT	Mazes: copy mazes from a book and place on easel or tape onto a sliding glass door or a wall. On the wall nearby I used masking tape or painters tape to attach a small shallow box, just big enough for 5 crayons. Our favorite maze books:	Fine Motor	Preschool mazes by schoolzone-2 different	
			4		prewriting, OT	Paper - Cutting, coloring, folding and pasting are really the goals...here is an idea we use ...I make a paper airplane and start flying it about....then he gets interested and wants a plane...then I help him make one...sometimes we decorate it with stickers and colors! You can extend this with other games and funny paper toys...like a crunched up piece of paper as a ball...maybe cover it with tape and call it something funny...ie a space ship...the idea is to make a toy with paper and then try to entice him into playing with it.	Fine Motor		
			3		prewriting, OT	pencil grips: Experiment with different types of pencils and grippers. For his paint brush I use a thin layer of small bubblewrap covered with masking tape, taped to the middle of the handle	Fine Motor		www.theraproducts.com
			3		prewriting, OT	Pick up things with: tongs, tweezers, connected chop sticks, olive picker, strawberry huller, clothes pins etc. (fleas on fletcher game has tweezers and "bugs")	Fine Motor	fleas on fletcher game	amazon
			3	4	m prewriting, OT	theraputty - hide small toys inside - like marbles (good if he wants to play marbleworks and needs the marbles) or thomas trains. Later, after he can dig out big things, hide smaller things the size of a penny - like micromachine toys or novelty buttons. Also hold his elbows close to his waist for more challenge. For prewriting: pinch dough between the thumb and index fingers	Fine Motor, Proprioceptive	theraputty	www.theraproducts.com ; www.jessejamesbutton.com
			4		m PT	Foot basketball: Have him grab beanbag or ball from the floor and bring it up and over behind his head. You will need to guide his legs as needed so he goes straight up and over and makes a basket (can use a barrel or anything like it). Help him to be successful to keep it fun and eventually he will be able to "make baskets" by himself.	trunk control, upper body strength		
			4		m PT	New motor learning: Try to visit one new playground a week. Try to bring a friend for him to play with, too	Motor planning		

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		4		m PT	Spelling with foam letters: Have him lay on his tummy over a ball or on a swing. Use foam letters on the ground in front of him. Pick either letters or a short word (can work on vocab.) and have him search for the letters (visual motor) then grab it and place it up on a foam block or area in front of him. Can arrange it so he crosses midline.	trunk control, upper body strength, crossing midline		
		4		m sequencing	Booklet: Another cool idea from our speech therapist, photocopy about 8 pages from a favorite story, like 3 little pigs. Cut out just the pictures...then make a booklet of 5 sheets of 8.5x11 inch paper folded and stapled in the center. Then invite your child to help you pick what comes first, second, etc...so he practices putting the story in sequence. Then gluestick them into the booklet and ask him to tell you the story. Write his words (maybe paraphrased a bit) onto the booklet. Now it it trely "his	sequencing		
		4		Speech, OT	Sequencing activites, re-enact simple stories together like 3 little pigs, little red hen, chicken little, gingerbread boy....can also copy some pages (ie 6) from these books and ask him to place pictures in correct order, as you glue into a homemade book (2 pieces of paper folded into a booklet). Then together make up new or summary words for each page.	sequencing, Visual motor		
		4		speech, OT	Use pictures from magazines or printed pictures from the web (ie www.sears.com) to assemble a category book together of things that fly vs animals that swim, tall v short, etc.	categories, Visual motor		
		3		travel	Ideas for traveling on a plane: bag with a few favorite paperback books that he hasn't seen for a few weeks. Some new paperbacks, a Thomas keychain (zany brainy), hungry hippos travel version, juice, snacks, Kleenex. Try to run around before the flight, get some energy out! Good travel times for us: afternoon nap time, and early evening ie 8:00.			
		4		writing, OT	hand writing without tears, we write about 10 letters a day on special paper, with dot cues and verbal cues. Each page is 5"x4" currently. Using a regular pencil with a Start Write pencil grip, and a weight on the pencil. The weight is really a "coupling nut 3/6-2" from OSH hardware, covered with blue painter's tape	prewriting, fine motor		
				writing, OT	pencil grasps grips (how to hold a pencil) here http://www.agape1.com/pencil_grasp.htm . When they begin writing sentences, paper should be tilted so that it runs in the same direction as the writing arm , the other hand should be holding the paper. The pencil should be pointed over the shoulder of the writing arm, not straight up and down. Goal: only the thumb and index finger on the pencil, with the middle finger resting under the pencil and the ring and little fingers curled in	fine motor		

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							Behavioral Intervention for Young Children With Autism : A Manual for Parents and Professionals by Catherine Maurice	Structured approach to behavioral intervention. Good ideas. But I don't agree with the quick dismissal of other ideas like diet approach.	
							Childhood Speech, Language, and Listening Problems : What Every Parent Should Know by Patricia McAleer Hamaguchi	general overview book. Not a lot of ideas I could apply. Probably I would have liked this as an overview had I read it sooner	
							Late-Talking Children by Thomas Sowell	Uplifting because you start to think that maybe your child is in this category and will bloom overnight. But not many ideas to try	

age we used							t		
							Let Me Hear Your Voice : A Family's Triumph over Autism by Catherine Maurice	Scary and uplifting at the same time. Made me startle everytime I saw him toe walk or jump, even if he stopped after 30 seconds. Great introduction to Behavioral intervention. Lots of good ideas, many are included on this sheet	
							out of sync child	I read this when he was 2 but at that point I didn't see any relationship to our guy. But at 3 an OT diagnosed him with dsi and we started ot and sensory diet wkich have helped him tremendously	
							out of sync child has fun	filled to the brim with fantastic play ideas. The best book of ideas for kids in ot	
							Out of sync child has fun	the best - every one will benefit, whether your child is in OT or not. Great activitirs	amazon

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										zzz background re	Slow and Steady Get Me Ready.	good homemade toys/activities, covering birth to 5	www.amazon.com
										zzz background re	The Child With Special Needs : Encouraging Intellectual and Emotional Growth by Stanley I., Md. Greenspan	Good ideas to help win your child's attention and interest in communication	
										zzz background re	The New Language of Toys : Teaching Communication Skills to Children With Special Needs : A Guide for Parents and Teachers by Joan E. Heller Miller	I did really get that much out of this book. I was expecting more ideas I could use. Maybe if I had read it sooner?	
										x	Ball skills: Important for developing eye-hand coordination, speed, depth perception, shoulder strength and visual tracking. Use a nine-inch ball with a rubber surface, this allows for easier gripping. Encourage the child to catch with his hands instead of scoop catching the ball using the forearms. The five-year-old would typically be able to bounce and catch the ball ten times. To break down this task, start by playing catch and progress to bouncing the ball to the child. Throwing the ball high up into a basket strengthens the back trunk muscles. If the basket is too challenging taped a large circle over head to aim for, or throw the ball up through a suspended hoola hoop		
										x	close your eyes and draw a circle		
											Crafts: draw a simple house drawing together... Helping Hands- squeeze water out of a sponge, glue beans along a line of glue to form a letter or shape (allow hand washing when finished), roll meat balls or cookies into balls (great sticky fun), apply lotion with different scents- apply body wash and soap using a mitt, encourage tooth brushing use a washcloth or sterile gauze pads with tooth paste applied if unable to tolerate toothbrush). Crush paper to place in fireplace or to play basketball with a waste paper basket		
										x	game: Stacrobats		
										x	game: Trouble		amazon
										x	games: Kids On Stage		
										3	Maisy Floor Puzzle, 16 pieces, fun...successful at 3 years		