

OT NEWSLETTER

APRIL 2026

WHAT WE LEARNED

This month was all about celebrating Easter, learning about fruits & veggies, birds, and butterflies!

Activities focused on the following:

- Exploring textures with a themed sensory bin and edible play-doh using Peeps candy.
- Practicing forming shapes and letters
- Practicing buttons, snaps, zippers, and clips off body
- Strengthening fine motor control by completing color by number and Q-tip art activities.
- Improving letter sizing and problem solving by decoding secret message puzzles.



PRACTICE SKILLS

FINE MOTOR

- Practice opening and closing Easter eggs to find coins and place them into a piggy bank or a makeshift slotted container.
- Get outside with some sidewalk chalk to practice forming shapes and letters, then clean off the sidewalk using a spray bottle for hand strength

GROSS MOTOR

- Using the sidewalk chalk, make an obstacle course where your kiddo has to walk across a line, spin in a circle, jump from circle to circle, ect. for a fun motor planing game.

REMINDERS

- If you would like to see additional images and videos on how we target skills, please check your email for an in depth monthly update.
- The monthly update will be sent on the last Friday of each month, both on the website and via email.

ACTIVITIES TO TRY IN MAY

- Cut out foam flowers, attach them to pipe cleaners, then have your child thread the matching colored beads onto each stem to make a fine motor garden.
- Go on a nature scavenger hunt to collect rocks and leaves. At home have your child clean the rocks using toothpaste and an old toothbrush, and color over the leaves using paper and crayons to make natural artwork.

CONTACT INFO

Email: erin@abaresults.com

Phone: 859-391-3541

