

OT NEWSLETTER

AUGUST 2026

WHAT WE LEARNED

This month was all about celebrating the return to school, meeting new friends and teachers, and exploring many camping and outdoors themes.

Activities focused on the following:

- Practicing forming shapes and letters
- Improving letter sizing and problem solving by completing word searches, fill in the blanks, and decoding secret messages.
- Practicing visual discrimination skills, bilateral integration and fine motor precision by pegboard, cloesthpin, and coin tasks.
- Increasing upper body and core strength by performing animal walks and tunnel crawls.

PRACTICE SKILLS

FINE MOTOR

- Create keepsakes from the summer by printing out pictures then having your child use a hole punch to create a boarder then lace string through each hole to create a frame.
- Create a sensory bin and have your child remove small items using tweezers, tongs, or fingers. This helps strength fine motor skills and can help regulate their bodies after school.

GROSS MOTOR

- Get outside after school and go on a scavenger hunt, climb a jungle gym, or complete a sidewalk obstacle course to assit with emotional and senosry regualtion.

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 SEPTEMBER

- Practice cutting fruit using a spoon or kid safe knife. This increases safety awareness, bilatral integration, and senosry integration. The child can explore textures and smells and this is a great activity to prepare for pumpkin carving.
- Create a corn senosry bin using dried corn kernels, leaves, acrons, etc. and practice scooping into containers or using tweezers to pick up items.

CONTACT INFO

Email: erin@abaresults.com

Phone: 859-391-3541