

OT NEWSLETTER

JULY 2026

WHAT WE LEARNED

This month was all about celebrating the 4th of July and continuing with ocean themes like sharks, jellyfish, shells, sand, and sea turtles.

Activities focused on the following:

- Practicing forming shapes and letters
- Improving letter sizing and problem solving by completing word searches, crossword puzzles, and mazes.
- Practicing visual discrimination skills, bilateral integration and fine motor precision by lacing beads using coordinating colors to create a jellyfish.
- Practicing upperbody and core strength by moving around on scooter boards.

PRACTICE SKILLS

FINE MOTOR

- Practice opening/closing Ziplock bags, water bottles, food containers, etc. to increase hand strength and independence for school. Also allow safe knife use such as cutting bananas or spreading jelly to increase safety awareness for everyday tasks.
- Write letters/shapes on a paper towel using markers. After identifying the letter/shape have your child drop water onto the lines using a eye dropper or turkey baster.



GROSS MOTOR

- Practice removing colored clothespins from the back of clothing to increase body and spatial awareness.

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 AUGUST

- Begin to prepare for the new school year by watching videos and reading books about school, making friends, and using manners.
- Start adjusting your child's sleep schedule and practice waking up a little earlier each week to gently reintroduce a more structured routine to reduce the emotional reaction to a big changes when school starts.

CONTACT INFO

Email: erin@abaresults.com

Phone: 859-391-3541

