

OT NEWSLETTER

OCTOBER 2026

WHAT WE LEARNED

This past month was all about celebrating Labor Day, Grandparents Day, and exploring more outdoors themes such as hiking, maps & compasses, animal habitats, and more.

Activities focused on the following:

- Practicing forming shapes and letters
- Improving letter sizing and problem solving by completing word searches, scavenger hunts, and Describe the Picture tasks.
- Practicing visual discrimination skills, bilateral integration and fine motor precision by pattern tong tasks,
- Increasing upper body and core strength by performing animal walks and scooter board activities.

PRACTICE SKILLS

FINE MOTOR

- Fill a small tub with shaving cream or on a flat surface (table, chair). Have your child draw and imitate shapes/letters/words using fingers or a paintbrush for increased tactile cues and a multi-sensory experience.

GROSS MOTOR

- Encourage crawling while playing a game or completing a scavenger hunt to increase core strength while targeting reflex integration.
- Place pillows in a line in front of the fridge with a basket of magnets at one end. Have your child crawl to place the magnets onto the fridge.



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 OCTOBER

- Make some Autumn Soup. Fill a water basin with warm water, floating leaves, small mini pumpkins, pinecones, cinnamon sticks, and a dash of pumpkin pie spice paired with ladles and cups. Have your child practice scooping and transfer the water to smaller cups. Use a net to have your child scoop out or use tongs to collect the larger pieces and arrange them by size or alphabetical order.

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