



RHOADS TO INDEPENDENCE, LLC  
Occupational Therapy

# OT YOUR DAY AWAY

*Everyday Occupational Therapy  
techniques for sensory success!*

A SERIES OF  
HANDOUTS  
BY

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**FIRST ISSUE  
FREEBIE**

# HOW TO USE THIS GUIDE

## WHAT IS OT?

Occupational therapy or OT is a holistic health profession that empowers clients to be as independent as possible in their every day life. Occupational therapists work in a variety of settings including schools, prisons, hospitals, community centers, rehabilitation facilities almost anywhere you can think.

## OT FOR CHILDREN:

Occupational therapist work in children's schools, their homes and outpatient centers. Occupational therapy can look like playing to an outsider, but the OT is working on a variety of necessary skills including attention to task, strengthening, sensory integration, fine motor skills, social emotional skills and play skills. Common reasons children receive OT services include but are not limited to:

- Trouble focusing on tasks in school and at home
- Weak hand strength
- Difficulty with handwriting
- Difficulty playing by themselves or with peers
- Difficulty eating
- Difficulty regulating themselves.

## THE OTYD GUIDE

This guide gives you different ideas for integrating OT based activities into your child's everyday routine to increase their attention to task, their sensory integration and help strengthen them. They might even help you out along the way! The pages are broken up into household task.

# MORE ABOUT US

## WHO IS JANINE?

Janine E. Rajauski, MS OTR/L is an occupational therapist with experience working with children with varying needs. She specializes in assessing and integrating sensory activities into every day activities to increase success and independence. She is licensed in PA and NJ.

## WHERE TO FIND US:

Find Janine's private practice online at [www.rhoadstoempowerment.com](http://www.rhoadstoempowerment.com)

On Facebook at: Rhoads to Independence, LLC

In the Philadelphia, PA area.

## DISCLAIMERS

The strategies in this guide are created by an occupational therapist and are priced as such. This guide is in no means a substitute for good occupational therapy services. If you are concerned about your child's participation in their every day activities, talk with your doctor about if occupational therapy services would be appropriate for your child.

All these strategies are created by Janine E. Rajauski, MS OTR/L. Copying and distributing this resource without permission is prohibited.

# HELPFUL HINTS

## **PUSH AND PULL:**

Having your child engage in pushing and pulling items throughout the day provides them with regulatory sensory input to help them focus

## **USE YOUR SENSES:**

Try to incorporate your child into activities that engage more than one sense at a time. Cooking, cleaning, laundry and outside time all provide vivid colors, sounds and smells for your child to wake up their sensory system.

## **BUILDING BLOCKS:**

Most children around the ages of 3-5 love helping and having jobs. Not only does it help them learn, but it gives them a sense of accomplishment that can help build their confidence and self-esteem.

## **YOU GOT THIS:**

Even incorporating one activity into your daily routine benefits your child and makes you even more of a rockstar parent than you already are. Don't sweat it if you can't do it all. Any time your child gets to spend with you is an opportunity for them to learn and grow.

# FULL RESOURCES

## **TEACHERS PAY TEACHERS:**

Find the full OT Your Day Away resources with specific activities broken down by task on our Teachers Pay Teachers account.

Tasks included:

- Gardening
- Laundry
- Cleaning
- Dressing
- Bathing
- Etc

## **EMAIL US:**

Check out our website at [www.rhoadstoempowerment.com](http://www.rhoadstoempowerment.com) for contact information.