



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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**SECOND 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 therapists 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

## **USE MUSIC:**

Incorporate music and singing into your everyday routine to increase attention to task and your child's direction following. Take a familiar song like "Row Your Boat" and change the words to something like "Sweep sweep sweep the floor until the crumbs are gone. We don't like crumbs in our toes so sweep them til we're done!"

## **STOP AND GO:**

Integrate stop and go or red light green light into your daily routine. This not only works on the self preservation skill of stopping when you tell them to, but also works on your child's self control and ability to control their body.

## **STORY TELLING: :**

One simple activity to incorporate into your daily routine is story telling. Take turns with your child telling a story. We like to make up different "reasons" why something is called the name it is. Be as silly as possible and then allow your children the time to tell their own story. This is great for not only working on imagination skills, but builds confidence in their spoken words.

## **FAMILY TRADITIONS:**

Incorporate your child into various family traditions. Whether it is learning how to make a meal passed down in the family, to holiday activities, including your child with members of the family not only increases their bonds but allows them more people to model behavior and activities and in turn more opportunity to learn

# 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.