

For more information, please contact:

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This document is available in large print and on audio tape upon request.

If you have any problems or concerns about health care and would like to talk to someone, please call:

Patient Advice Liaison Service (PALS) on: **0161 426 5888**

A free interpreting service is available if you need help with this information. Please telephone Stockport Interpreting Unit on 0161 477 9000.

Email: eds.admin@stockport.gov.uk

如果你需要他人為你解釋這份資料的內容，我們可以提供免費的傳譯服務，請致電 0161 477 9000 史托波特傳譯部。

W przypadku gdybyś potrzebował pomocy odnośnie tej informacji, dostępne są usługi tłumaczeniowe. Prosimy dzwonić do Interpreting Unit pod numer 0161 477 9000.

যদি এই খবরগুলি সম্পর্কে আপনার কোন সাহায্য দরকার হয় তবে বিনা খরচে আপনার জন্য দোভাষীর ব্যবস্থা করা হতে পারে। মেহেরবানী করে স্টকপোর্ট ইন্টারপ্রিটিং ইউনিটে ফোন করুন টেলিফোন নম্বর, 0161 477 9000.

اگر آپ کو ان معلومات کے بارے میں مدد کی ضرورت ہے تو مفت ترجمانی کی سروس دستیاب ہے۔ براہ مہربانی انٹرپرائٹنگ یونٹ کو 0161 477 9000 پر فون کریں۔

خدمات ترجمہ رایگان این اطلاعات در صورت نیاز موجود میباشد. لطفا با شماره تلفن 0161 477 9000 با واحد ترجمہ (اینترپرائٹنگ یونیت) ما تماس بگیرید.

تنوفر خدمت ترجمہ شفویة اذا تطلبت مساعدة في فهم هذا المعلومات. نرجو الاتصال اربن رینیول علی رقم الهاتف: 0161 477 9000

Stockport **NHS**
Primary Care Trust

Occupational Therapy Service for Children, Young People and their Families



General Advice Leaflet (following initial referral)

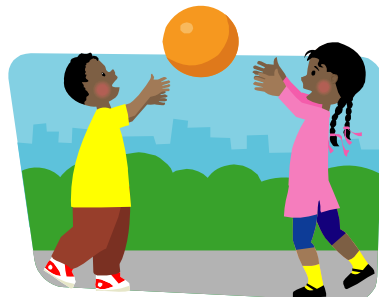
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Local Community Health Services for Local People

General Advice Following Initial Referral

Whilst your child is waiting for initial assessment, the following fun activities would be useful to play, in order for them to develop fine, gross motor and perceptual skills.

Balance and Ball Activities



- 🎨 **walking** along low walls or lines, holding your child's hand
- 🎨 **standing** on one leg and **hopping** games – forwards, backwards & sideways
- 🎨 **throwing** and **catching** with partner or against a wall – use as many different sizes, weights and types of balls as possible, including bean bags and balloons
- 🎨 **target practice** – eg throw into buckets, hoops, boxes etc
- 🎨 **bat & ball games** including tennis, cricket, badminton etc

Using Your Hands



- ✓ **threading** beads, pasta, cubes, buttons etc
- ✓ **playing** with plasticine and playdough
- ✓ **building** constructional toys e.g. lego, duplo, k-nex, meccano etc
- ✓ **baking** – encourage stirring, pouring, spooning out, kneading & rolling
- ✓ **dressng** – e.g. dolls or dressing practice – zips, buttons, laces, poppers
- ✓ **cutting activities** – vary thickness of paper/card – lots of snipping. Cut out pictures from catalogues/greeting cards. We recommend large handled scissors.



Writing and Drawing

Give your child the opportunity to use all **different types of writing implements** e.g. paints including finger paints, crayons, pencils, felt tips, chalk and triangular pencils and use on a **variety of surfaces** e.g. paper, blackboard, chalk on driveway or walls (and wash off after!)



encourage big movements of the whole arm, drawing on walls and easels whilst standing or horizontal on floor and table. Also in lying, leaning on elbows.



draw around stencils/hand/feet.



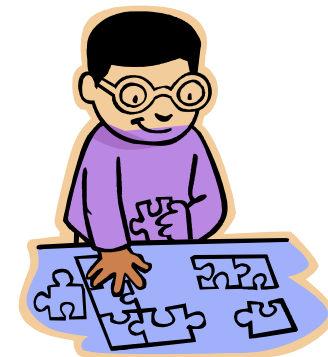
practice lots of shapes e.g.



When **writing** at a table it is important to be **positioned well**, with chair and table the right height and paper angled slightly, so that the side of the paper is parallel to the forearm of the writing hand.

Perception (understanding the world around us)

- ❖ **encourage** your child to do:
 - 🎨 jigsaws
 - 🎨 mazes
 - 🎨 dot to dots and puzzles
- ❖ **share** puzzle books with your child:
 - 🎨 search and find figures
 - 🎨 picture puzzle stories



All these resources are available from the library or shops