

PT/OT Routines Based Activities

1. Use songs/books during play. Example: Eric Carle Head to Toe
“Can you wave your arms like a monkey?”
2. ROM during diaper changes
3. Trunk rotation during diaper changes
4. Tummy time
5. Lotion massage after bath
6. Swings at the park (carryover into other locations)
7. Brushing protocol before dressing
8. At the park, practice balance on landscaping ties like a balance beam
9. NUK brush in mouth before meals

SI/SLP Routines Based Activities

1. Songs, Rhymes, finger plays during transitions like bath, eating or diaper changing
2. Audio CDs in car
3. Visual pictures in sequential order like washing hands and then do it together. Can use Goggle images or Board Maker
4. Family photo album (dollar store) example: family, sleep, eat, toys
5. Key chain with same pictures
6. Use or make magnets for refrigerator- use laminator and paste magnets on the back
7. Photo copy child's favorite book and put it on magnets to sequence events
8. Bucket of ABC magnets- also use for speech activities: on/off
9. bowl/spoon for play etc.
10. Sorting socks, laundry, silverware (no knives)
11. Baby- show how to wash and feed
12. Books to focus on pictures for just key words- Ollie's has great cheap books examples- board books and Spanish/English \$1.99 books with cassettes can copy for families
13. Bubbles for oral motor: Gymboree has non-soap based
14. Straw to blow cotton balls, Cheerios, H2O, suck yogurt drinks and shakes
15. Eco-microphone, plastic recorders, whistles (dollar store for oral motor)
16. Oral motor: pop spinners, electronic toothbrush, washcloth inside mouth like 5x3