

OT Ideas for Toddlers

- Add tactile sensory play into the day.

- Sensory Bin Ideas:

▪ Oatmeal	▪ Pompoms
▪ Jell-O	▪ Shredded Paper
▪ Dry Cereal	▪ Various Fabric Pieces F
▪ Easter grass	▪ Sponges or bath puffs

- Do messy play in the bathtub or outside for easier clean-up.
 - Hide toys inside the sensory bins to encourage exploration.

- Place unbreakable items in bottom kitchen drawers for your toddler to find and explore.
 - Plastic measuring cups
 - Plastic drinking cups
 - Plastic spoons
 - Plastic bowls
 - Hide little toys in plastic containers for your toddler to open and find

- Limit the number of toys available to your toddler at one time so that when you rotate the toys through, they will be novel and exciting to your toddler.

- Create an obstacle course in your house to encourage climbing, crawling, and exploring.
 - Bring couch cushions, pillows and blankets to the floor to crawl over.
 - Prop couch cushions up to make an incline to climb up or roll down.
 - Drape sheets or blankets over chairs or furniture to make tunnels.

- Fine Motor Activities using everyday items
 - Use an empty parmesan cheese container and have your child fill with cut up pieces of straws or unused glue sticks from a hot glue gun.
 - Put shaving cream and paint in a large zip-loc bag, tape to a surface and practice finger isolation and pre-writing actions. Your child can poke, draw lines or circles.
 - Use the cardboard tube from an empty wrapping paper roll propped up on furniture to roll a small ball or a car through.
 - Tape the cardboard tube from an empty paper towel roll onto the wall and have your child drop pompoms down through the tube into a container to work on controlled release. You can combine this idea with a sensory bin filled with pompoms. See if your child can find the pompoms hidden inside before they drop it down the tube.



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