



# 5 OT Tips To Help Children



- Early intervention helps develop good habits and patterns
- Using small broken crayons helps develop appropriate pencil grip patterns
- Sitting away from the table when cutting helps put the child's body and arms in a better-aligned position
- Kids feet should touch the floor or stable surface when sitting. The table should be between the bellybutton and front ribcage height.
- Doing heavy work such as walking like an animal (bear crawl, crab walk) can increase focus and attention



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