

## LOW TECH ADAPTIVE EQUIPMENT

Here are some low-tech suggestions to support your child that receives occupational therapy and maximize their ability to complete school work at home. Any of these suggestions should be used with parental supervision and only if appropriate for the child's developmental level.

1. **Child demonstrates poor pencil grip:**
  - a. Use the "palm of hand trick." Ask the child to hold onto a small item with their pinkie or ring finger as they write. This could be a cotton ball, quarter, or piece of tissue paper.
  - b. Wrap a rubber band (or multiple bands) at the base of the pencil to provide a cushion/tactile reminder of where your child should grip.
  - c. Put a binder clip at the base of the pencil. Prompt your child to place their index finger on the flat top, and their thumb and middle finger on the sides.
2. **Child benefits from an elevated writing/reading surface:** Place your child's work on a large 3-ring binder. You can secure this work with tape or, if you have a clip board, secure that to the top of the binder.
3. **Child tends to be on-the-go and struggles to sit for work:**
  - a. All children benefit from regular movement breaks. Simply moving to different workstations or giving a child a 'job' such as sweeping/wiping down the table may be sufficient. Doing specific movement activities, for example, utilizing GoNoodle or yoga stretches can also be very helpful.
    - i. Movement break resources:  
<https://www.gonoodle.com/> (Jaime's Brain Breaks and Maximo are favorites)  
<https://childhood101.com/> (free yoga and mindfulness printables)
  - b. Provide a seat that fits when working on homework. The ideal seated position for all children to be in is with their feet flat on the floor, with hips and knees at 90 degree angles. The seat length should allow the child to make contact with the backrest. The desk should be at about elbow height in this position. If you do not have a child-sized table for your child to work on, place a box under the child's feet and a pillow behind their back to provide them with additional support.
  - c. If supportive seating is not working, try alternative dynamic seating. Deflate a beach ball so there is approximately an inch of air in it when squished flat, and place it on your child's chair. Allow them to work lying on their belly or while standing at the table.
4. **Child tends to fidget inappropriately while working:** Provide them with something safe that they are allowed to fidget with, with rules.
  - a. DIY fidget resources: <https://www.weareteachers.com/diy-fidgets/>  
<https://theinspiredtreehouse.com/diy-fidget-toys/>
  - b. Fidget Rules: Keep to yourself, eyes on work, use quietly, do not throw, clean up

- c. If the fidget seems to be distracting your child more, or is used unsafely, take it away.
5. **Child benefits from structure and visual reminders when completing work:** A visual timer can be used to help a child get through less desired activities, such as writing, knowing that he will be able to complete a more desired activity after a specific time allotment. These timers can be put on your computer a free website: <https://www.online-stopwatch.com/countdown-clock/> or use the clock app on your phone.
6. **Child tends to put things in their mouth inappropriately:** Provide safe alternatives of items your child can put in their mouth, which will depend on their developmental level. Good options include: drinking water through straw, crunchy snacks, and gum.