

## **USER GUIDE FOR YOUR RESOURCE PACK FOR OLDER CHILDREN**

Please find enclosed your Resource Pack for Older Children.

The Resource Pack covers:

**Fine Motor Skills.**

**Visual Perception – Making sense of what you see.**

**Handwriting.**

**Organisational Skills.**

**Self Esteem.**

**Sensory Processing.**

**Resources.**

It is important that you discuss this booklet with your child's teacher, together you can decide on what activities and strategies are going to help your child the most.

### **Frequently Asked Questions - FAQ**

#### **What age child is this Resource Pack for?**

The Resource Pack is designed to be used from the age of 9 upwards. Please make progress notes when you use this pack as they will be used should you wish to refer your child back to our service.

#### **How is my child chosen to receive a Resource Pack?**

An Occupational Therapist (OT) has carefully considered the information given on the referral form to decide whether your child would benefit from the Resource Pack. The more information that is given about your child's functional difficulties on the referral form the better, as we are able to make a decision about what they need to help them at that point in time.

#### **What do I do if my child has lots of difficulties?**

Choose the area of difficulty that you and your child's teacher think they have most difficulty with and work mainly on that area first.

#### **What happens when my child has used the pack for two terms?**

If at this stage your child still has significant difficulties that are not in line with their overall development or abilities they can be re-referred back to the OT service by completing the referral form which is at the back of the Resource Pack. Please include any progress notes which will be used by the OT to decide on the most appropriate OT intervention at this stage.

**What if my child doesn't like any of the activities that are in the booklet?**

The Resource Pack gives ideas on what sort of activities can help your child to improve the things they find difficult, it is not an exhaustive list and you can use them as a guide to think up activities that your child would enjoy more. Talk about this with your child's teacher if you are unsure, they may be able to help think of some other ideas based on those in the Resource Pack.

**How long do I get my child to do the same activity?**

It is excellent if your child enjoys doing an activity but once they find it too easy, either make it a little harder e.g. increase the number of repetitions or the number of objects to remember, and then move on to different activities. If they find an activity difficult or are getting bored by it, move on to something else and come back to it at a later date.

**How often does my child need to do the activities and for how long?**

Some of the activity sheets give suggestions for how often the activities should be done, for others it is a good idea to do frequently for short periods of time e.g. 10-15 minutes 3-4 times a week. It can be more difficult to find time on some days or your child might be tired after a busy day at school. The ideal would be to choose a few activities to do at a time and let your child practise these. Some children are better at doing things at home and others at school, discuss with your child's teacher about how you can use the resource pack together.