



*at play Occupational Therapy* believes that every child is unique and has pure potential to learn and grow to be their best. My approach is client-centered, holistic and based on research that shows children learn best when they are engaged in play and having fun. Using a multisensory approach and movement based learning I hope to help children and parents gain the tools necessary to reach their goals. Let's work together as a team and have FUN!



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Pediatric Occupational Therapist

Serving children in the Moncton, Riverview, Dieppe and surrounding areas. Flexible with treatment location - can treat in your home, at daycare/pre-school or school and/or visit us at **at play Occupational Therapy** (located in the Moncton North End)

To Learn more about the variety of services offered through at play Occupational Therapy for children between 18 months and 10 years of age please visit the website, email or call for a free consultation over the phone.

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# Building Skills for School Success



**at play**  
**Occupational Therapy**  
**232-PLAY (7529)**



### Who can benefit from *at play Occupational Therapy*

- ✓ child with low muscle tone
- ✓ poor eye-hand coordination
- ✓ struggling with pencil grasp
- ✓ has not established a dominant hand
- ✓ not showing an interest in coloring or drawing
- ✓ struggles with copying shapes or letters
- ✓ difficulty with using scissors
- ✓ needs help with zippers, buttons, shoes
- ✓ can't sit still to take part in activity
- ✓ poor posture or "floppy" in chair
- ✓ motor-coordination; clumsiness
- ✓ struggles with puzzles and block construction
- ✓ sensory processing difficulties
- ✓ showing frustration with fine-motor skills that could lead to low self-esteem



"You can discover more about a person in an hour of play than in one year of conversation"

— Plato

### PROGRAM TOOLS INCLUDE

I am constantly changing and adding new activities to my therapy tool box: some of the resources include Handwriting without Tears, ABC Boom, Fine Motor Olympics, Brain Gym, Henry OT services ([ateachabout.com](http://ateachabout.com)), HANDLE.

## PROGRAMS

The following programs can run for 4 weeks (seen twice a week) or 8 weeks (seen once a week). It can be offered in a 1-1 format (private session) or join with a friend or two (groups can be 2-3 participants with a lower group rate). Sessions typically run for 45-60min including consult with parents if needed/requested. Programs can be customized to the needs and goals of each child.

### KINDERGARTEN READINESS (AGES 4-6)

It's never too early to establish good foundation skills to help your child start school with confidence. Making sure the body is ready: good upper body strength, having our eyes and hands work together, in-hand manipulation skills. Looking at scissoring, drawing, zippers. We want to establish proper pencil grasp and copy pre-printing strokes. Learn efficient strokes to increase success with proper letter formation.

### K - GRADE 1: STEPS TO SUCCESS (AGES 5-7)

Let's build on the skills gained in kindergarten and/or help those struggling with pencil grasp, printing and other fine-motor skills needed for children to feel success in hopes of having some fun while learning in school.

### LET'S HAVE FUN WITH HANDWRITING

A multisensory approach to printing, letter formation, placement and size.