

The OT department wishes you a  
Happy National Craft Month!



March is National Craft Month. Did you know there are ways to make crafting fun and therapeutic? It's true...just don't tell your kids!

Positioning is important. Proper positioning can help improve postural control, core strength, and upper extremity strength. It can also help facilitate more mature grasping patterns. The best place for a child to sit is at a table where his or her feet touch the floor. Other ways you can position your child are:

- ◆ laying on their stomach on the floor
- ◆ working at an easel
- ◆ tape their paper to a wall, a door, or the refrigerator

Incorporating household items and found objects is a great way to add more sensory fun to crafts. Here are some suggestions:

- ◆ shaving cream painting
- ◆ finger paints
- ◆ items from nature (rocks, leaves, pinecones)
- ◆ various textured items (sand, nail files, feathers, cotton balls, tissue paper)

\*tip-place messy items in ziploc bags and tape shut! Shaving cream, hair gel, and water beads can be neatly contained fun. There are great ideas for themed bags on Pinterest.

There are easy ways to work on improving fine motor skills while completing crafts and art projects. Some ideas are:

- ◆ gluing cheerios onto a letter or shape written on paper
- ◆ stringing pasta, cereal, or cut up straws onto yarn
- ◆ using cotton swabs as a paint brush
- ◆ painting with paint brushes and water on the sidewalk or cement
- ◆ drawing on a chalkboard
- ◆ writing or coloring on a dry erase board

Always take your child's interests and abilities into consideration when planning activities, and remember the process is much more important than the product. Have fun creating!