















CHILDREN AND YOUNG PEOPLE'S OCCUPATIONAL THERAPY SERVICE






Equipment for Home and School








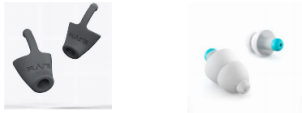
We often recommend small pieces of equipment and aids for home and school. These are available online from various suppliers.






HOME AND SCHOOL EQUIPMENT		
Equipment		Description
Angled writing board		Used to improve posture, hand and arm position, and visual motor integration skills while writing
Dycem non-slip materials		Non-slip matting useful for placing onto surfaces to help children who have difficulty stabilising objects/books.
Scissors		A variety of types of scissors are available to help children who have difficulty with scissor skills. OT will recommend appropriate type. Also left-handed scissors available.
Pencil grips		A variety of different types of grips available. OT will recommend appropriate type. Useful for children with handwriting difficulties.
Reading rulers and Eye Level reading rulers		Used for children who have difficulties filtering out unwanted visual input while reading i.e. other words on the page
Therapeutic putty (4 different strengths)		Used for improving fine motor skills by giving hands a lot of sensory input through its resistance. Can be used to build up muscle tone for those with low tone. Useful for improving manual dexterity/finger isolation skills.

<p>TheraBand</p>		<p>Can be used in activities to build up muscle tone and to improve body awareness. Also used in a variety of ways to increase the level of sensory input for a child. OT will recommend appropriate use.</p>
<p>Left handed equipment eg scissors, sharpeners, rulers, pens etc</p>		<p>Equipment that is designed to enable and assist left-handed children to carry out functional tasks.</p>
<p>Yoropens/pencil</p>		<p>The angle of the pen/pencil ensures that the child can clearly see what they have written as their hand does not obstruct their field of vision. Particularly useful for left handed children, but can also be used by right-handed children/adults.</p>
<p>Wobble boards</p>		<p>Used to develop and improve posture and balance reactions.</p>
<p>Tactile lined paper (raised line paper)</p>		<p>Used to give a coloured and touch cue to assist when children are experiencing handwriting difficulties.</p>
<p>Caring Cutlery Adult or Junior sizes</p>		<p>Moulded cutlery with guides to encourage the correct grip. Useful for children with low muscle tone, hyper-mobile joints, or motor planning difficulties.</p>
<p>Beanbags</p>		<p>ideal for a variety of indoor and outdoor activities such as catching and throwing</p>
<p>Sand Egg Timers</p>		<p>Useful to help children to develop a sense of time and also to encourage them to stay focused on an activity. Helps to define the beginning and the end of an activity and gives the child a visual representation of this. Available in 30 seconds, 1, 3, 5, 10, 15 and 30 minutes.</p>

Time Tracker or easy timer		Battery operated countdown timer in the style of a traffic light. Lights change from green-amber-red as the clock counts down. The timer can be programmed for any amount of time. Useful for children who have a limited awareness of time and/or poor time management skills. Mini version also available
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SENSORY EQUIPMENT		
Equipment		Description
Move 'n' sit Cushion (Junior size for P1 and P2. Senior size for P3 onwards)		Used for children who have difficulty with modulating sensory input. It is an air-filled, wedge shaped cushion and allows the child to gain sensory input, which they may require in order to engage in classroom activities.
Dyn-air cushion		As above, but disc shaped.
Sit 'n' gym balls		Reasons for use as above. Physio/gym ball with feet for stability.
Chew strips / bands Chewy Tubes Chewlery Necklace and Bracelet Vibrating oral motor tools		For children who crave oral sensory stimulation. Providing something acceptable for the child to chew on may improve their ability to attend to classroom tasks. Also useful for those who have limited oral sensory awareness.
Concentrator toys (fidget toys) e.g. sensory balls, bean bags, squeezes Juyi fidget toy cube		Pocket/desk top sized tactile toys. Useful for children who are seeking extra sensory (tactile) input. Allowing the child to touch/fiddle with something may help improve their level of attention/concentration and therefore enable them to better engage in classroom activities. Cubes designed with various fiddle activities on each side.

<p>Weighted Blankets Please see: - Information for Parent on Weighted Equipment Handout</p>		<p>Provides a deep calming pressure for children who are anxious or need help with sensory processing.</p>
<p>Weighted lap pads</p>		<p>Provides a deep calming pressure for children who are anxious or need help with sensory processing. Smaller than a weighted blanket.</p>
<p>Compression Bed Sock/sheet</p>		<p>Some children draw an increased sense of security and belonging from the sensation of affectionate physical contact. This bed sock was designed to help put these children in an ideal state of mind to fall into a restful sleep at night. Breathable and less constrictive than weighted blankets</p>
<p>TheraBand</p>		<p>Can be used in activities to build up muscle tone and to improve body awareness. Also used in a variety of ways to increase the level of sensory input for a child. OT will recommend appropriate use.</p>
<p>Vibrating toys and cushions</p>		<p>Vibration can be used to have an alerting or calming effect for children with sensory processing difficulties</p>
<p>Privacy Board</p>		<p>A privacy board is a screen that stands on the desk around the child's work area. The purpose is to cordon off the child's individual work space and eliminate irrelevant visual stimuli. To be used for short periods of focused individual task work to promote on-task behaviour and help the child to maintain a sense of organisation and control.</p>
<p>Ear defenders</p>		<p>Great for blocking out sounds (such as vacuum cleaners) or when your child gets over stimulated.</p>
<p>Ear Plugs</p>		<p>Ear plugs are a more subtle option to help reduce noise.</p>

<p>Weighted cap</p>		<p>Cap with weight placed around the rim of the cap making it comfortable and designed to calm. Great for sensory input and looks like an ordinary cap.</p>
<p>Dance sacks/body sox</p>		<p>The resistant walls of the body sock provide a tactile means of self-referencing that improves body awareness and assists in developing spatial awareness through balance and resistance.</p>
<p>Compression clothing</p>		<p>Made from stretchable fabric to provide a unique proprioceptive and deep pressure touch experience. Provides a comforting hug for a feeling of calmness. Very effective for improved focus and calm.</p>
<p>Tom Tags</p>		<p>A visual checklist system designed to support an individual's communication, language development and the ability to process information or as a checklist of items to remember. Great for those who experience problems with memory or organisation.</p>
<p>Seamless/ seam free clothing i.e. socks, tights, underwear, baselayers</p>		<p>Seamless = Free of any seams Seamfree = Hand-linked seaming or Comfort Seaming - lays totally flat when worn but still does show as a line</p>
<p>Sensory clothing such as school uniforms</p>		<p>Clothing designed with seems on the outside Pull up school trousers with comfort seems Tshirts with no front or back so can be worn either way School shirts with only top 3 buttons real Labels in pockets etc</p>