

SEAL Occupational Therapy Newsletter

August 2020



Notes from Ms. Misty

Welcome back for Fall 2020! My name is Ms. Misty and I am one of the occupational therapists (OT) at SEAL. School-based OTs work with students "to fulfill their role as students by supporting academic achievement and promoting positive behaviors for learning." (AOTA.org)

For students with direct OT minutes, I meet with them weekly to address IEP goals and underlying skills. For students with consultative OT services, I work with teachers and staff to collaborate on the student's classroom needs, which are often related to sensory processing, executive functioning or fine motor skills.

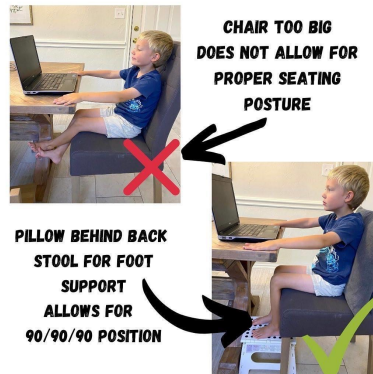
Moment for movement

Yoga poses are a great way to get some movement in your day. You can build strength, flexibility and balance with yoga. Try a yoga video on YouTube. Cosmic Kids Yoga offers videos for younger students, while older students may prefer Yoga with Adriene.



Focus on posture

With so many of us learning from home and sitting in front of a computer for increased time, it is important that we pay attention to our posture and sitting position. Improper posture can lead to musculoskeletal injuries.



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Sitting at a desk is not always needed. Students can lie on the floor with the computer positioned in front of them. Make sure that they support themselves on their elbows and are not simply lying down.

When seated at a desk, students should have a seat where their back and feet are supported. Pillows and stools can help to reach optimal positioning.

ALTERNATIVES TO TRADITIONAL SITTING

PRONE (TUMMY)
IS A FAV
ALLOWS CHILD TO GET
OUT OF THAT FLEXION
PATTERN THE CHAIR
CREATES
GREAT FOR PROVIDING
PROPRIOCEPTIVE INPUT
AND UPPER BODY
STRENGTHENING



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TALL-KNEEL OR HALF-KNEEL

**GREAT WAY
TO ENGAGE
THAT CORE!**



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