



# Pathways to Success

Helpful Strategies for Parents and Caregivers of Young Children

## When it's time to get to work...

Sitting at a table and working at a structured task can be challenging for young children. Here are some suggestions to help with common challenges:

Area of Need	What the Adult Sees	Possible Solutions
Posture	Feet don't touch the floor	<ul style="list-style-type: none"> <li>● Use a footrest (i.e. a telephone book or a large block)</li> </ul>
	Sits slumped in chair, with hunched shoulders	<ul style="list-style-type: none"> <li>● Use a sloped desk top</li> </ul>
		<ul style="list-style-type: none"> <li>● Use a wedge/move'n sit cushion</li> </ul>
Pencil Grasp	Tight pencil grasp	<ul style="list-style-type: none"> <li>● Use a fatter pencil</li> <li>● Check posture</li> </ul>
	Pencil held too close to tip or too far up the pencil	<ul style="list-style-type: none"> <li>● Place a rubber-band, sticker, or a piece of tape about 2.5cm from tip to help with finger placement</li> </ul>
	Presses down hard on the paper	<ul style="list-style-type: none"> <li>● Write on paper placed over a large piece of felt, a towel or carpet</li> <li>● Use a mechanical pencil</li> </ul>
	Difficulty starting with the correct grasp	<ul style="list-style-type: none"> <li>● Practice colouring with small pieces of chalk/crayons to promote the proper tripod grasp</li> </ul>
		<ul style="list-style-type: none"> <li>● Use a pencil grip</li> </ul>
Cutting	Holds scissors with thumbs-down grasp	<ul style="list-style-type: none"> <li>● Place a sticker or draw a happy face on the thumb nail</li> <li>● Rest elbows on the table</li> </ul>
		<ul style="list-style-type: none"> <li>● Hi-lite with bright coloured markers where the child is to cut</li> </ul>
		<ul style="list-style-type: none"> <li>● Glue strings of yarn or popsicle sticks on both sides of the line to make a path for cutting</li> </ul>
	Has difficulties with opening and closing scissors	<ul style="list-style-type: none"> <li>● Use loop scissors, which help by initiating the opening action</li> </ul>
	Decreased strength	<ul style="list-style-type: none"> <li>● Use a variety of tongs to pick up small objects and transfer them. This imitates the action of opening and closing scissors</li> </ul>
	Cuts too fast affecting accuracy or tearing paper	<ul style="list-style-type: none"> <li>● Use a cutting song (i.e. open shut them, open shut them give a little snip...) or talk in a slow rhythmical voice when giving verbal cues</li> </ul>