HOME THERAPY GUIDE FOR PARENTS

Intellectual Disability (ID)

English

These activities support therapy; they do not replace it. Practise 10–15 minutes, 1–2 times a day, and praise every small success.

▶ **Videos to search on YouTube:** Pathways.org · NIEPID parent training · Teach Me To Talk (Laura Mize)

1. **Daily living skills:** break each task into small steps (handwashing = wet, soap, rub, rinse, dry). Teach one step at a time.
2. **Matching and sorting:** sort spoons, vegetables or blocks by colour, shape and size.
3. **One-step commands:** "Give me the ball." When easy, move to two steps: "Pick up the ball and put it in the box."
4. **Picture timetable:** stick pictures of the daily routine on the wall and point to each one.
5. **Naming objects:** name household items during daily work and ask the child to show or say them.
6. **Fine motor play:** tearing paper, threading beads, playdough, putting coins in a box.

Remember: use real household objects, keep the same routine daily, and stop before the child gets tired.

Free help in India: NIEPID (Secunderabad) · National Trust · Ummeed (Mumbai) · Action for Autism (Delhi) · ADAPT (Mumbai) · Maharashtra Dyslexia Association

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Cerebral Palsy (CP)

English

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▶ **Videos to search on YouTube:** Pathways.org tummy time · Cerebral Palsy Foundation · ADAPT Mumbai

1. **Positioning:** change position every 1–2 hours: side-lying, supported sitting, tummy time.
2. **Gentle stretches:** calf (heel cord), hamstrings, hips. Hold 20–30 seconds. Never force or cause pain.
3. **Supported standing:** with a standing frame or against a wall, only as your physiotherapist advised.
4. **Reaching and rolling:** keep toys just out of reach to encourage movement.
5. **Hand skills:** thick crayons, foam-wrapped spoons, squeezing playdough, picking up big beads.
6. **Mouth exercises:** blowing bubbles and whistles, sucking through a straw, licking honey off the lips.

Caution: learn every stretch from your physiotherapist first. Feed the child sitting upright and ask the therapist which food textures are safe, as choking is a real risk.

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Autism (ASD)

English

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▶ **Videos to search on YouTube:** Hanen Centre · Speech Sisters · Action for Autism · Autism Speaks toolkit

1. **Follow the child's lead:** join what they are playing, copy them, and comment simply ("Car going!").
2. **Observe, Wait, Listen:** pause for 5–10 seconds so the child has time to communicate.
3. **Make them ask:** keep favourite items visible but out of reach so the child points, gestures or says a word.
4. **First–Then cards:** "First shoes, then park." Use pictures for daily routines.
5. **Sensory play:** swinging, jumping, rice or dal bin play, firm hugs if the child likes them.
6. **Short, clear words:** one idea per sentence; reduce screen time.

Remember: warn the child before changes in routine and keep a calm, quiet corner at home.

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ADHD

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▶ **Videos to search on YouTube:** CHADD · Understood.org · How to ADHD

1. **Fixed routine:** the same times every day for waking, homework, play and sleep.
2. **Short work blocks:** 10–15 minutes of work, then 3–5 minutes of movement.
3. **One instruction at a time:** get eye contact first, then ask the child to repeat it back.
4. **Reward chart:** stars for specific behaviours ("sat for homework") that add up to a small reward.
5. **Daily exercise:** cycling, running, swimming, skipping or yoga.
6. **Attention games:** Simon Says, Statue, memory cards, Jenga.

Remember: praise good behaviour immediately; keep the homework place free of toys and screens.

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Dyslexia and Learning Disorders

English

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▶ **Videos to search on YouTube:** Understood.org · International Dyslexia Association · Orton-Gillingham multisensory phonics · Maharashtra Dyslexia Association

1. **Letters in sand:** trace letters in sand or salt while saying the sound aloud.
2. **Sound games:** "What sound does *ball* start with?", rhyming words, clapping syllables.
3. **Shared reading:** 10 minutes daily; you read a line, the child reads a line.
4. **Audiobooks and stories:** keep the love of stories going while reading improves.
5. **Maths with objects:** count and add using coins, beads or rotis.
6. **Writing support:** pencil grips, lined paper, short dictations.

Remember: ask the school about exam help allowed under Indian guidelines, such as extra time or a writer.

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Cortical / Cerebral Visual Impairment (CVI)

English

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▶ **Videos to search on YouTube:** Perkins School for the Blind CVI · Perkins eLearning · CVI Now

1. **Bright colours:** show red or yellow objects against a plain black cloth.
2. **Light and shine:** a torch on a toy in a dim room; shiny foil or reflective balls.
3. **Less clutter:** one object at a time, on a plain background, in a quiet room.
4. **Movement:** gently shake or move a toy to catch the child's attention.
5. **Familiar objects:** use the same favourite toy for days before adding a new one.
6. **Wait for a response:** the child may take several seconds to look. Watch where they look.

Remember: sit to the side the child sees best from, and use touch and sound along with sight.

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