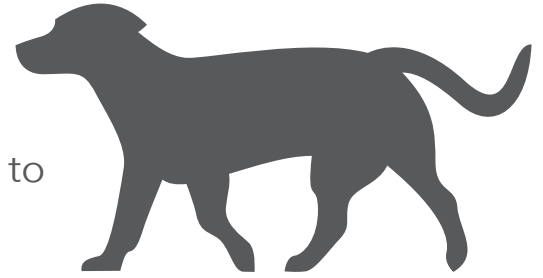


Using Your Pet to Address Therapy Goals



Animal Assisted Therapy doesn't have to be restricted to the clinic. If your child and family pet have an extraordinary bond use that motivation to help your child address some of their therapy goals at home.

We have a list of 10 activities you can try at home with your best fur-friend!



Be safe! Please use caution whenever your child is working with an animal. If the safety of your pet or your child is a question please do not attempt these recommendations at home.



Yoga

Doing yoga with your dog or cat is a fun way to work on strength and endurance! In fact, there are many books available detailing how to complete dog-Yoga, or DOGA, in your home! Imagine how fun a downward dog position can be with your furry friend laying below!



Cooking

Who doesn't love a cookie?! We all know dogs love their treats and there are so many wonderful recipes for dog treats out there today! Baking and following written instructions is a great activity to improve attention, sensory tolerance, and executive functioning skills.



Water Tolerance

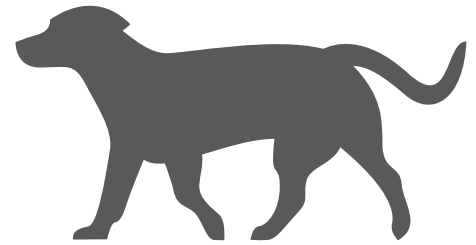
We all need a bath from time to time! If your dog enjoys a bath outside with the hose or playing in a kiddie pool this is a great way to work on desensitization to water with their best fur-friend alongside!



Responsibility

Is your child working on organization and responsibility? Maybe feeding, grooming, and caring for the dog would be a motivating way to get things started! Create a daily, printed schedule your child can monitor and earn rewards for completing.

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Fine Motor

Coloring and writing tasks can get boring pretty quickly. Work on pencil grasp while coloring a printed picture of your dog in black and white, or tracing the outline of their body with chalk on the sidewalk, or making a salt dough paw-print to paint later.



Game Night

Looking for a fun way to spend Friday night?! Try out 'Pet Pictionary' or 'Pet Charades'! This activity can be tailored to be as easy or difficult as your child requires and can involve all doggie related items! Woof!



Pet Party

If social skills are a struggle for your child with peers but not animals, consider having a 'pet party'. Invite a few friends to get together for a backyard or park gathering with their pets. Include pet introductions, a few tricks, and some doggone fun!



Obstacle Course

Working on strength and coordination? Incorporate some ball throwing at the end of an at home obstacle course. Use materials around your house or sidewalk chalk! Tug-of-war would be an added upper body strengthener!



Talk About It

Have your child work on speech sounds and pronunciation by giving obedience commands; the child must speak clearly in order for the dog to understand. Work on language skills by describing their fur and appearance, or using prepositions to hide toys and treats (in, behind, on top).



Mindfulness

If you notice your child needs help regulating, practice grounding with your pet by focusing on what you see, feel, smell, and hear with your pet. Try to match breathing or count respiration's up to 10 and then engage in your own deep breathing exercises.