## Top 10 Tips to Help Your Child Focus at Home

With Christine Chambers, MEd, OTR/L of Abilities First, LLC

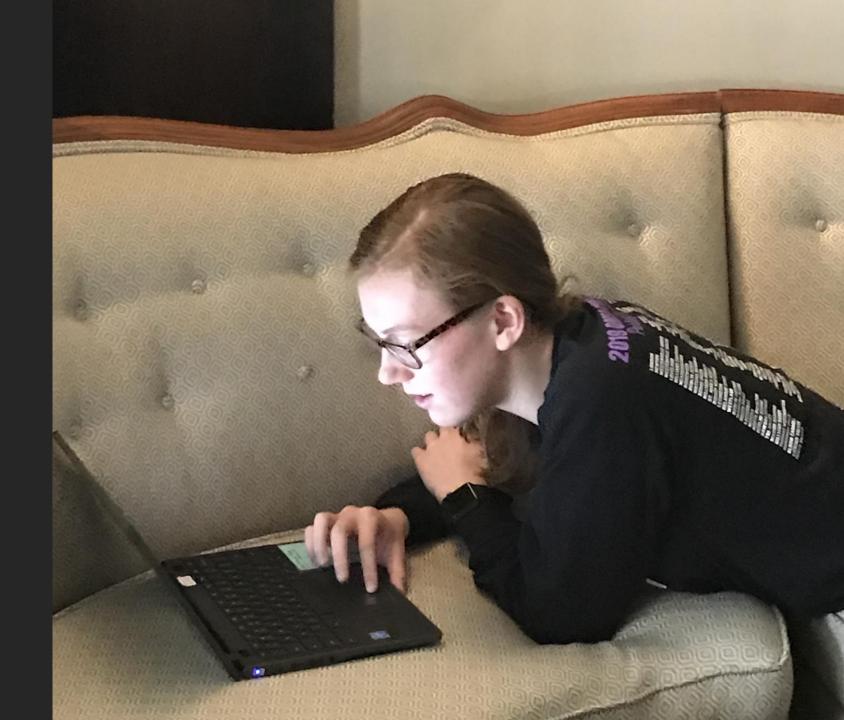


## Take a Seat





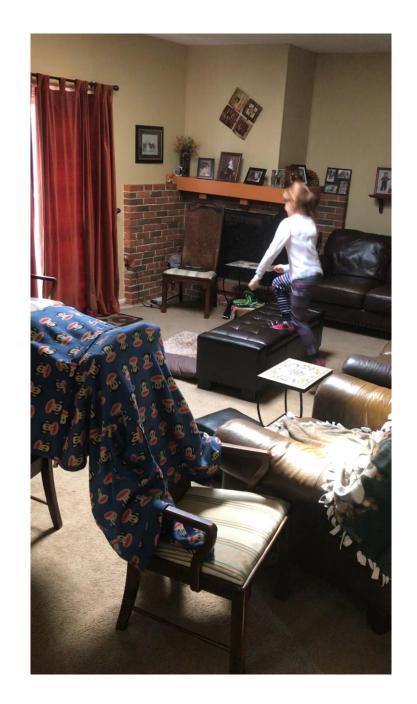
## Mix It Up!



## Indoor Obstacle Course



Indoor Obstacle Course in Action







Outdoor Obstacle Course





Outdoor Obstacle Course