



Does My Child need Occupational Therapy!?

What is Occupational Therapy?

Occupational Therapy can improve a variety of functional daily tasks, such as getting dressed, playground/social skills, attention to tasks, and hitting appropriate developmental milestones. Occupational Therapy is also often used in tandem with Speech Language Therapy as it helps children become more aware of their bodies and use them to produce sound. OTs and SLPs work closely together to focus on maximizing functional progress during therapy, with goals to carry over new skills into the home, community or school setting.

In therapy, your child will be guided through activities that challenge his or her ability to respond appropriately to sensory input by making a successful, organized response. Activities will provide vestibular, proprioceptive and tactile stimulation and are designed to meet your child's developmental needs.

Areas of Concern:

- **Play skills/Social Interaction**
 - Difficulty interacting socially and engaging with family and peers
 - Difficulty adapting to new environments and activities
 - Difficulty with transitioning away from preferred family members
 - Does not understand concepts of sharing and turn taking
 - Difficulty with purposeful or functional play (e.g., lines toys up, does not show desire for imaginative play)

- **Fine Motor Skills**
 - Manipulating toys and puzzles
 - Coloring, drawing, tracing, prewriting shapes
 - Poor handwriting, letter/number formation
 - Not developing a hand dominance at an age-appropriate time

- **Sensory Processing**
 - Overly sensitive or heightened reactivity to sound, touch, or movement
 - Under-responsive to certain sensations (e.g., high pain tolerance, doesn't notice cuts/bruises)
 - Constantly moving, jumping, crashing, bumping

- **Movement, Strength, & Balance Development (Gross Motor Skills)**
 - Poor balance
 - Going up and down stairs at an age appropriate time
 - Coordinating both sides of the body

- **Visual Processing**
 - Difficulty with the spacing and sizes of letters
 - Difficulty with recognizing letters
 - Difficulty with copying shapes or letters

It's important to remember that all children are different and develop skill sets at their own pace. However, if you think your child may be struggling with some of the skill areas above, you can contact our office to schedule an appointment with the occupational therapist to see if OT is right for you!