

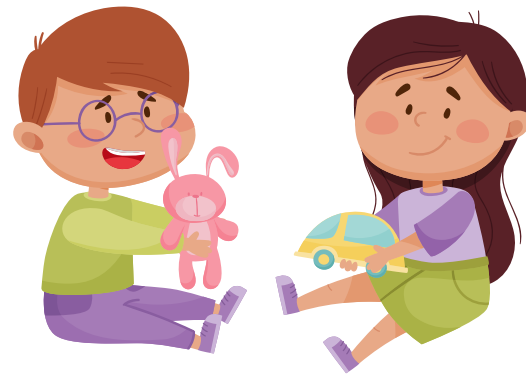
What is Occupational Therapy (OT)?

Pediatric occupational therapy (OT) helps kids grow in independent skills. Occupations, or day to day activities, include playing, writing, making friends, eating, participating in school, getting dressed, and more! OT can help teach kids the skills they need to be more independent and feel more confident.

What can an OT work on with your child?

PLAY SKILLS

In OT, we learn through play! Playing helps us solve problems, be creative, and make friends. Occupational therapists (OTs) use games and activities to help kids feel more confident and learn new things.



SENSORY REGULATION

Our senses help us understand the world. Sometimes, things like noises or textures can feel too overwhelming. OTs help us learn to handle these feelings better. We do fun activities that help us feel calm and focused, like swinging or playing with soft things. OTs help us feel more comfortable in our bodies!



SELF CARE SKILLS

Learning to dress and eat by ourselves is a big step! OTs help us learn how to put on clothes, like zipping jackets or tying shoes. They also teach us how to eat with a fork and spoon and feed ourselves. With practice, we become more independent!



MOTOR SKILLS

OT helps us get better at moving our bodies. Fine motor skills mean doing things that need careful hand movements, like using scissors. Coordination is about moving smoothly & not bumping into things. OTs make practicing these skills fun!



More Questions? Reach out to OT Solutions!



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