

WELCOME TO OCCUPATIONAL THERAPY!



WHAT IS OCCUPATIONAL THERAPY?

Occupational Therapy Practitioners (OT's) are highly trained healthcare professionals who evaluate and assist children that are having difficulty participating in meaningful activities or "occupations". With the help of an OT practitioner, the children can utilize the skills learned to conduct their daily routines and live their life to the fullest.

WHAT ARE MY CHILD'S OCCUPATIONS?

- For a child this may include the development of life skills at school, home, or in the community such as learning, self-care, and social/interpersonal skills.
- OT's also collaborate with teachers, parents, and other medical providers to identify and modify barriers within a child's life that impact a child's success, while modeling strategies for others to use that will extend the benefits of direct intervention.

WHY HAS MY CHILD RECEIVED AN OT REFERRAL?

- Fine motor difficulties: holding a pencil or small object, stringing beads, clothes fasteners, and/or manipulating toys.
- Eye-hand coordination difficulties: scissor use, puzzles, ball skills
- Visual motor/visual perceptual delays: printing, drawing, forming shapes, sorting, matching, scanning, letter reversals
- Self-care delays: dressing, feeding, using utensils, tying, bathing & grooming
- Sensory processing difficulties: delays in adaptive responses to sights, sounds, movement, taste, and touch
- Decreased strength/ range of motion
- Social difficulties: interacting with others, following routines
- Emotional regulation: identifying and responding to emotions

PODCASTS (SPOTIFY):

The Sensory W.I.S.E Solutions
All Things Sensory
Sensory Chat

BOOKS:

For Kids

"Why Does Izzy Cover Her Ears?"
Jennifer Veenendall

"The Rabbit Listened" *Cori Doerrfeld*

"Listening To My Body" *Gabi Garcia*

"Rosalee The Seeker" *Nicole Filippone*

For Parents

"The Whole Brain Child" *Daniel Siegl*

"Raising a Sensory Smart Child" *Lindsey Biel*

"Body Keeps the Score" *Bessel van der Kolk*

"Out of Sync Child" *Carol Stock Kranowitz*

"5 Love Languages For Kids" *Gary Chapman*



INFORMATIONAL WEBSITES:

www.theottoolbox.com

Sensory Processing

www.sensoryintegrationeducation.com

www.sensoryhealth.com

Fine/Gross Motor Development

www.helpmegrow.org

Activities of Daily Living

www.toolstogrow.com

Trauma/Attachment

www.attach.org

www.verywellmind.com

Feeding/Eating

<https://www.mayoclinic.org/healthy-lifestyle>

EQUIPMENT WEBSITES:

www.funandfunction.com

www.specialsupplies.com