

What is Occupational Therapy?

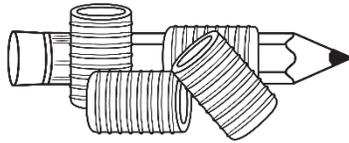


By: The Pocket Occupational Therapist

Occupational Therapy is a unique profession that looks at each child's unique needs. Occupational therapists (OTs) are trained to look at every part of an activity in order to see where the child is having difficulty. Occupational Therapists are trained in how to work with children with lots of different disabilities and even kids who are "typically" developing and just need some **extra** help.

Some children who come to OT have:

- Sensory Processing Disorders
- Autism Spectrum Disorders
- Down Syndrome
- Cerebral Palsy
- Feeding Disorders
- Genetic Disorders
- Developmental Delays
- Neurologic Disorders
- Learning Disabilities
- Muscle Weakness



They are all WONDERFUL kids!

What things does an OT help with?

Therapists can help children with feeding, tying shoes, using scissors, handwriting, buttons, strengthening arms and hands, core muscle strengthening, Therapeutic Listening, sensory play, dressing and bathing, using the toilet, washing hair, organizational skills for daily life, following directions, knowing where the body is in space/coordination, visual perception, and MUCH MORE!

In fact, an OT can help your child with ANY activity they do during their daily life!

OTs are trained to help figure out why a child is having difficulty and to help make a plan of treatment to help him. You, the caregiver, are a **VERY** important part of this plan!

It is important that the things that worry you about your child are addressed and you learn things that you can do at home to help with your child's goals! OTs understand that they are a part of the whole treatment team and want to work together with other team members.

There are OTs at school, in hospitals, and at outpatient centers. Some therapists even come to your home!

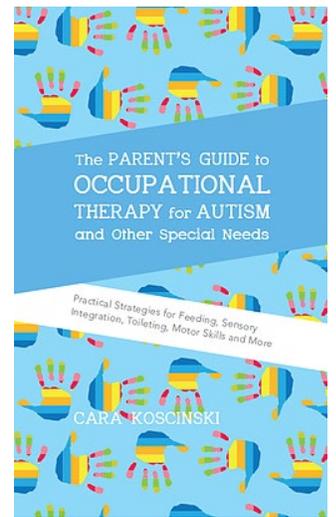
How do I get OT for my child?

Ask your child's doctor or call your local OT to see what steps you can take to get an evaluation.

In the meantime, write down your child's strengths and weaknesses. Make a list of things that concern you including delays in milestones and trouble with any activity your child does during the day.

Make sure your therapist is a good fit with your child's personality and your family. Your OT should listen to your concerns and review the treatment plan and goals for therapy with you.

Visit www.PocketOT.com for more information



PocketOT.com

You may see fun things at OT like swings, bean bags, ball pits, scooters, bins of rice or beans, balls of all colors and sizes, paints, and trampolines! Therapists know that a child's "work" is play and they try to make therapy as fun as possible for your child!

