How can Occupational Therapy help my child?

Is your Child having difficulty with?

- **Fine Motor abilities** – Reach and grasp, writing and colouring. Using a pencil and scissors
- **Posture and Positioning** – Specialised seating, Modifying the environment
- **General Coordination** – Gross and fine motor skills, Balance, Body position in space and joint position awareness.
- **Sensory Processing** – Concentrating or socializing due to sensory processing difficulties such as auditory processing, vestibular processing, visual processing, oral sensory processing or tactile processing.
- **Self Esteem** – Confidence, reduce frustration and self concept
- **Play skills** – Playing with toys and other children, doing puzzles, playing games, drawing and turn taking.
- **Self care** – Maximum independence for dressing feeding bathing and hygiene
- **Social Skills** – Cooperation, communicating ideas, satisfaction gained from interactions
- **Cognitive skills** – attention and concentration, problem solving and planning
- **Visual Perceptual skills** – Seeing, interpreting and remembering shapes (eg number) form sequences (eg for spelling) relationship of forms (eg to reduce revered writing).

If you feel that your child is having some difficulty in any of the above areas or in their general ability to cope at school it would be suggested that they are assessed by an Occupational Therapist to see how you could help address these difficulties.