



**MEGAN
HEYNS**
PAEDIATRIC
OCCUPATIONAL THERAPY

OCCUPATIONAL THERAPY 101

Occupational Therapists use their expert understanding of childhood development to maximise engagement, independence and achievement to improve function over all areas. These could include:

- * **School/ school readiness**
- * **Play/leisure**
- * **Self-care**
- * **Sensory motor**
- * **Socialization**

COMMON DIFFICULTIES WE TREAT

- Gross motor skills (whole body skills, such as, running, jumping, coordination and endurance)
- Fine motor skills (drawing, cutting, writing, shoelaces, buttons)
- Visual perceptual skills (enable a child to make sense of and interpret what they see. These skills enable children to make sense of words on a page and recognise common objects)
- Organisation skills (being organized and able to plan and sequence tasks as well as initiate tasks)
- Self care skills (dressing/grooming; feeding/eating)
- Self-concept (sense of self worth and self-esteem as well as the child's perception of their personal attributes and competencies)



COMMON MISPERCEPTIONS WITH KIDS AND OCCUPATIONAL THERAPY

1. OT's just play with children.
2. OT's and Physio do the same thing with children.
3. My child only needs OT if he has a severe condition.

WHO CAN REFER

- * Parent
- * Teacher
- * Doctor
- * Allied health care professional

Contact
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WHEN TO REFER TO AN OT

ACADEMIC/SCHOOL

- Weak/incorrect pencil grasp
- Dominance has not yet been established
- Has difficulty with or refuses to participate in fine motor activity
- Postural control + strength

EXECUTIVE FUNCTIONING PROBLEMS

- Difficulty with attention /concentration
- Poor organizational skills
- Poor problem solving abilities

BEHAVIOUR /RELATIONAL

- Poor self regulation
- Difficulty making/keeping friends
- Difficulty with transitions
- Poor impulse control

MOTOR PROBLEMS

- Tires easily when doing school work
- Lack of coordination (gross and fine motor skills)
- Delays with motor milestones

SENSORY MODULATION

- Over or under reacts to sensory input (touch, sound, movement)
- Craves excessive movement or contact

The path of development is a journey of discovery that is clear only in retrospect, and it's rarely a straight line.

