

How can an OT HELP your child

Occupational therapy (OT) addresses a child's physical, social, psychological, and environmental well being with an aim to increase their independence by building their motor, sensory, physical, and cognitive skills.

FINE MOTOR SKILLS



Help child to:

- Grasp/release toys,
- Use zippers and buttons
- Handwriting

LEARNING BASIC DAILY TASKS



Such as:

- Bathing
- Grooming
- Getting dressed
- Feeding themselves

IMPROVING HAND-EYE COORDINATION

Which can help child during play and school such as:

- Copying from blackboard
- Catching a ball
- Riding a bike



ASSESSING NEED FOR SPECIAL DEVICES

Such as:

- Adaptive tools
- Mobility equipment
- Splints
- Communication devices



GROSS MOTOR SKILLS



Help child:

- Improve balance and coordination
- Go up/down stairs
- Understand right and left

EXECUTIVE FUNCTIONING

Improving:



- Attention and focus
- Planning and organization
- Engagement and follow through

DEVELOPING FEEDING PROGRAMS

Develop and implement feeding programs for children that are picky eaters or problem feeders



EMOTIONAL AND SENSORY REGULATION

To help the child self regulate and apply positive coping mechanism for fulfilling interactions.



ADDRESSING LEARNING CHALLENGES



In order to increase productivity at school

IMPROVING SOCIAL SKILLS



Help child with:

- Social skills
- Language skills
- Ability to engage with other

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