



Paediatric Occupational Therapy focuses on helping children of all ages to achieve their potential in everyday tasks.

Occupational therapy can assist children with:

- ✓ Handwriting
- ✓ Self-care activities (dressing, eating)
- ✓ Gross and fine motor skills
- ✓ Emotional regulation
- ✓ Organisation and attention
- ✓ Social skills
- ✓ Sensory processing
- ✓ School activities
- ✓ Independent living skills (cooking, driving, transport)
- ✓ Accessing technology and equipment
- ✓ Play

What to expect?

At your initial meeting we will discuss with parents/caregivers about the child, their environment, their strengths and needs, complete observational assessments and discuss goals for ongoing assessment and therapy as required. We utilise a family centred practice model which means assessment, goal setting and therapy is completed with the OT, the child and the parents/care giver.

Within therapy we may focus on;

- Completing task-based practice
- Changing the environment to suit the child's need
- Providing education to parents, carers and/or teachers
- Adjusting or finding new ways to complete activities
- Providing homework for the next session that must be completed prior to each session

How to get the most out of Occupational Therapy



For more information visit,
<https://www.otaus.com.au/>

FACILITATE OCCUPATIONAL THERAPY SERVICES

Phone: 1300 855 513
Fax: 02 4201 0196

116 Railway St Corrimal NSW 2518
PO Box 285 Fairy Meadow NSW 2519
ABN: 91 619 482 585

Admin@FacilitateOT.com.au
www.FacilitateOT.com.au

Providing expert Occupational Therapy services across the Illawarra and Shoalhaven