



## What is paediatric Occupational Therapy (OT)?

Occupational Therapy looks at the child as a whole and promotes functionality and facilitates engagement in a range of purposeful activities. With children these activities can include: play, cognitive skills activities (e.g. handwriting, visual perception), motor skills: both fine and gross, sensory processing and activities for daily living which include dressing, feeding and other self care activities (showering, personal hygiene, tying laces etc). In addition to engagement OT's are also concerned with productivity. With children this relates to the Childs' individual ability within certain areas such as: attention span (being able to stay focused during activities), organisation skills, motivation and application.

OT's provide a holistic approach to therapy in order to understand possible challenges the child may be facing and the impact these may have on their occupational performance and function level in their daily activities. OT will aim to encompass all areas of the Childs' individual development. These areas include: biological, physiological, sensory-motor, cognitive and psychological processes.

The Occupational Therapist approach is developmental and is looking at age appropriate activities for the child.

- ★ OCCUPATIONAL THERAPY
- ★ SOCIAL SKILLS
- ★ BEHAVIOUR MANAGEMENT
- ★ STRUCTURED TRAINING

## WHAT IS OCCUPATIONAL THERAPY (OT)?



## Common Referrals to OT include:

### • Handwriting:

Your child may be having issues with handwriting, forming letters, spacing, general presentation, pencil grip, pencil pressure. Cursive, D'Nealian and Manuscript writing is welcomed at Dynamics.

### • Fine Motor Skills Development

Fine motor activities require fine coordination of the hands and fingers to complete accurate and precise movements. Difficulties in this area may affect: drawing, writing, cutting using scissors & manipulation /play with small objects or toys. Fine motor accuracy is key for success in school.

### • Gross Motor Skill Development

Throwing/catching a ball, jumping, hopping, balancing, skipping, running etc.

### • Sensory Processing

Children's interpretation of a variety of senses in the environment. The way they interpret the input from the senses can affect their occupational performance. We look at sensory processing of all 7 senses with emphasis on Tactile, Vestibular and Proprioception senses.

### • Sensory Modulation

Looking at the child's ability to self regulate and prepare their body for the task ahead.

### • Motor Planning (Praxis)

How well the child is able to learn new tasks and be efficient in performance.

### • Social Skills

Does your child have difficulty communicating with peers and adults/ does your child communicate in a manner that is not appropriate for the setting.

### • Attention

Focus/concentration for a period of time on one activity, awareness of own attention, tips to help maintain attention ( what to encourage/what to avoid).

More information related to the above referrals can be found on our website.



## Individual Occupational Therapy Sessions

Sessions will integrate a variety of areas or focus on the one primary need dependent on the child. Each child will receive therapy that is uniquely tailored to meet their individual needs. Session will last for one hour as standard procedure. Therapy will be conducted one on one with the child. In some instances this may change and be conducted over a longer period. The child may attend therapy as often as is recommended for their own individual needs.



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