



When to Consult an Occupational Therapist?

If your child has difficulty:

- completing puzzles or matching items
- manipulating small toys
- with scissors, or is unable to cut
- with drawing or printing or hand dominance
- eating certain textured foods
- getting messy and/or dirty
- using utensils
- toilet training
- with dressing or fasteners
- with hygiene tasks
- transitioning between activities
- climbing on playground equipment
- learning new motor skills
- with balance and/or falls easily
- with sensitivities - to sound, smell, light, touch, and/or movement
- with continuously moving, jumping, and/or running
- with attention, memory and/or processing speed
- developing life skills and/or pre-employment skills

Please contact our Occupational Therapists for more information

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How Can Occupational Therapy Help?

Occupational therapists work directly with children and their families as well as with schools and community partners to restore and improve ability, prevent further disability, progress children towards targeted outcomes, develop routines, support transitions, promote integration, and build the capacity of families, schools, and communities to support the child.

What Can Occupational Therapists Do with School-aged Children?

Self Care:

- Help children develop skills expected for their age such as independent dressing, eating, hygiene and mobility
- Prescribe equipment such as wheelchairs, bath seats, and grab bars
- Educate families and work with children to develop routines for hygiene, morning, and bedtime
- Support families in identifying and accessing community resources

Productivity:

- Educate parents and school staff about the sensory, motor, perceptual, social, and behavioural characteristics of a specific child and the demands of the activities at school and home
- Provide in-service instruction to enhance teacher and educational assistant capacity
- Determine how environments might be changed to accommodate for a student's needs
- Work directly with children and youth to increase function at school, life skills and work readiness
- Aid in the development of the Individualized Education Plan (IEP)
- Recommend accommodations that include adapting existing materials and tools, including desks, seating, agendas, worksheets, writing implements, and storage of personal belongings
- Introduce and prescribe assistive technologies such as specialized software applications
- Work with students, families, and teachers to develop transition plans into new schools and post-secondary programs

Leisure:

- Consult with community recreational facilities to develop inclusive programs
- Help children develop skills expected for their age to participate in gym, play, and recreation programs
- Support families and schools to provide inclusive play and social opportunities

When children and teens have difficulty doing, occupational therapy can analyze their abilities, the demands of the occupation, and the environments where those occupations take place. Contact an occupational therapist if you have concerns about a child or teen's ability to do the things he or she needs to do, wants to do, or is expected to do.