

# Occupational Therapy

We have obtained the services of Occupational Therapists from Inspire Ability to work closely with the pre-school educators to provide additional assistance to the children who may have challenges with play skills, attention, social skills, sensory processing, gross and fine motor skill development and those skills required to ensure a successful transition to school.

Occupational Therapists (OTs) can assist children having difficulty with many important “foundation skills” for school. This can include:

- gross motor skills
- posture and co-ordination
- fine motor skills
- bilateral coordination
- visual-motor integration
- visual perception and sensory processing

These underlying skills are important for many school-related tasks including reading and writing, in addition to being able to maintain attention, and sit upright in order to learn. If a child has a significant weakness in any underlying skill, they often experience difficulty in performing many classroom tasks.

The benefits of School-based Occupational Therapy are widely recognised and there is much clinical evidence in support of early intervention. A formal OT assessment can help identify the underlying cause(s) of difficulties identified. Generic recommendations will be trialled to improve any identified challenges, and therefore enable the child to learn, play with peers and perform their activities of daily living. Recommendations may include Occupational therapy sessions (comprising play-based games, therapeutic exercises and activities), a home program, and/or assistive equipment if required.

