



movin'mountains
- therapy services -

MY CHILD HAS BEEN REFERRED FOR OCCUPATIONAL THERAPY

What is Occupational Therapy (OT)?

The Occupational Therapist's aim is to help you & your child with daily "occupations." This includes all the things we do to take care of ourselves, to work, & to play. We focus on a child's sensory & motor skills, emotional development, academic achievement, self-care abilities & play skills to help improve

successful functioning at home, school & in the community. For a child, some examples of these daily activities would be some of the following.



Intervention can take place in the form of direct therapy time, home programmes, or consults with parents, teachers & others involved in your child's life. Direct therapy takes place in our clinic, at your home or in the community, as is best suited to your child's needs. Therapy is in the form of play, because play

is a child's main occupation, & we all learn best when we play & have fun! For us, it's about understanding your child's world, & how to best bring out their talents, so that they can live well & do the things they love to do – confidently.

In short, we believe they can move mountains.