



What is Occupational Therapy?

Occupational Therapy (OT) is a branch of rehabilitative medicine which focuses on maximizing a client's independence in their daily routines and activities

But what does that mean for kids?

An occupational therapist will guide you and your child in achieving goals relating to functional skills depending on what factors impact their independence. Social, emotional, and physical needs are all addressed and incorporated

OT is often play based and child driven - we want to create a positive relationship & therapy experience!

Reach out today for more information or to schedule an evaluation with us

Occupational Therapy can support your child in the following areas:

- Moving and coordination: fine motor movements of hands
- Learning: cognitive skills
- Playing: social and emotional skills
- Activities of Daily Living: dressing, bathing, toileting, sleep, feeding
- Navigating the world: sensory processing