



Role of Occupational Therapy in Child's Life



"The world needs different kinds of minds to work together."

— Temple Grandin



What does an Occupational Therapist (OT) do?

An Occupational Therapist supports functional skill development. This enables your child to participate and engage in everyday activities to the best of their ability.



Occupational therapy can support children who have difficulties with:

- Sensory processing skills
- Gross motor skills
- Fine motor skills
- Self-care
- Self-management



Summary of skills:

Sensory processing skills

Sensory processing is the way the brain receives, organises and responds to sensory input in order to make sense of the world. Sensory processing plays a fundamental role in how we behave and react to all sorts of events around us.

Gross motor skills

Gross motor skills are the abilities which allow whole body movement, and use our large muscles (core, trunk, arms and legs). Gross motor skills include; muscle strength and endurance; motor planning and learning; balance; coordination; postural control; body awareness, and crossing midline.

Fine motor skills

Fine motor skills are involved in smaller movements that occur in the wrists, hands, and fingers. This includes skills such as using a pen, spoon, or doing up a zipper.

Self-care

Self-care skills are those we use in everyday life. This includes dressing, washing our hands, feeding ourselves, using the toilet, and brushing our teeth.

Self-management

Self-management skills include learning to be more independent, as well as being aware of and monitoring our own emotions and behaviour.

What next?

Our Occupational Therapist at “Sanchetna – Centre for Students with Special Needs” can support your child learn these skills.

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