

# Pediatric Occupational Therapy

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# Occupational Therapy (OT)

Helping children develop foundational skills in order to improve their participation and independence while completing daily activities.

Foundational Skills:

- Play
- Social skills
- Executive Functioning
- Self-regulation skills
- Fine motor/visual motor skills

# Pediatric OT Settings

School-based vs. Outpatient services

Perham Health provides outpatient services

# Occupational Therapy for ADHD

- Cognitive Behavioral Therapy (Self Regulation Programs)
- Behavioral Modification
- Social Skills Training
- Environmental Adaptations
- Interventions to Enhance Sensory Modulation

(Case-Smith & O'Brien, 2010)

# The OT Process

1. Evaluation
2. Intervention
3. Discharge/Maintenance

# Evaluation

## Parent Interview

- Areas of difficulty
- Performance throughout daily routine

## Standardized Assessment

## Informal Evaluation (observation)

- Self-regulation skills, social skills, coordination, etc.

# Intervention

1. Build rapport
2. Introduce appropriate self-regulation programs
3. Identify effective self-regulation strategies
4. Establish sensory diet/home program
5. Communicate with parents on effectiveness of home program
6. **Have Fun!**

# Build Rapport

Develop relationship/build trust with child/parents

Identify child's strengths

Continue to assess child's performance/behaviors

Use positive reinforcement throughout sessions



# Self-regulation programs

## Alert Program Zones of Regulation

“How Does Your Engine Run”



Mary Sue Williams & Sherry Shellenberger



Leah Kuypers, MA Ed., OTR/L

# Identify Self-Regulation strategies/Sensory Diet

Belly Breaths



Take a break

Go for a walk



S  
q  
u  
i  
s  
h  
e  
s

Fidget ball



Push/Pull

H  
u  
g



Talk to an Adult



Animal  
Walks

**Have  
FUN!**

# How to get Started with OT services

1. Discuss need for OT services your primary physician
2. Make an appointment once you receive physician referral
3. Begin the OT process!

# Where are we located?



# Pediatric Therapy

Physical Therapy

Sarah Gillespie, DPT

Speech Therapy

Laura Nyhus, MS CCC-SLP

Occupational Therapy

Luke VanHavermaet, OTR/L

# Contact information

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# Sources

Case-Smith, Jane; O' Brien, Jane (2010). Common conditions that influence children's participation. *Occupational therapy for children*. (pp.146-192). Maryland Heights, Missouri: Mosby Elsevier.