# Pediatric Occupational Therapy

Luke VanHavermaet, OTR/L

# **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

### 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



Fidget ball

Push/Pull

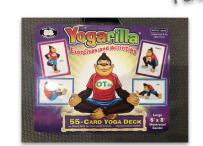


Take break





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Talk to an Adult



Anima1 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.