

## **WELCOME TO OCCUPATIONAL THERAPY!**

As your OT, I want your child to be as healthy and independent as possible in your home. There are a lot of things that make up a full day with your child and every family has a different routine and individual expectations of what is considered “typical.” Your child is unique and special, so we want to take advantage of their strengths to help your child participate in meaningful and fun daily routines and habits. Sometimes our bodies, our brains, and our ability to process information and respond appropriately interfere with our ability to do things that are important to your child, your teacher, and you, as a parent. My goal is to help make sure that your child can do whatever they want to do and need to do to be successful in their primary settings. In order to do that, we need to identify things you/your child want to do and talk about the things that are unique to you and your situation to make sure your child is successful. Some of these are age dependent. These are areas used to identify goals.

### **Taking care of yourself - Can your child do some of these things, how important is it for my child to complete independently?**

- Is it difficult to get in a morning routine with your child? Does your child sleep well?
- Does your child struggle with food choices and textures?
- Can your child manage utensils, brush their teeth, tie their shoes, button their pants?
- Is your child potty trained? Can they manage their clothing and get on/off the toilet?
- Does your child struggle with cleaning up after themselves? Is your child able to assist with small chores around the house?

### **Higher level tasks as part of a family routine (some are for older children)**

- Help take care of pets or other family members? (ie feed/walk pets, interaction and taking direction to help with siblings or multigenerational homes)
- Can your child use a telephone, computer, reading or communication device?
- Do you have seating/positioning difficulties in your vehicle? Do you have challenges with taking your child out to run errands?
- Is your child able to go to the store, manage the bus for school, or drive?
- Does your child know what to do in an emergency?

### **Learning/School - Elaborate with your therapist if your child has challenges in school**

- Does your child go to school/work/volunteer currently?
- Has your child’s teacher identified any barriers in the classroom?
- How are your child’s grades, reading skills, handwriting? Is it difficult for your child to complete homework? Is your child easily distracted?

### **Play/Leisure - This is how we have fun in therapy - BE SPECIFIC**

- What activities does your child like? Has your child identified things they don’t like? Is your child drawn towards certain activities on a playground or at home?
- Does your child have friends? What do they do together? Specific activity/game?