



Occupational Therapy

for children

An occupational therapist can help your child with daily tasks.

Occupational therapy can help with your child's physical, cognitive, sensory and motor skills so they can grow and develop as best they can.

What can occupational therapy help with?

- Movement skills and coordination
e.g. jumping, catching
- Using hands e.g. cutting, drawing, using a spoon
- Self-care e.g. toilet training, getting dressed, eating
- Play and social skills
- Focusing and learning

How can my child see an occupational therapist?

Access to occupational therapy is free through your local clinic if your child has been referred after having a health check.

If you think your child might benefit from seeing an occupational therapist have a chat with the doctor or clinic nurse.

What will happen when my child sees an occupational therapist?

At your first appointment, the occupational therapist will talk to you and watch your child play and do different activities such as drawing, talking or cutting.

They will then discuss with you any areas where your child might benefit from having occupational therapy, and what that therapy might look like.

Your local clinic:



For more information visit www.iuih.org.au

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