

Occupational Therapy in Early Intervention

- Occupational Therapy promotes a child's engagement and participation in everyday occupations and daily routines. OTs and OTAs address a child's participation in occupations such as play, self-care tasks, dressing, sleep and rest, feeding and eating.
- OTs and OTAs incorporate strategies into the family's everyday lives that best fit the needs for each individual family.
- OTs and OTAs support families in natural environments by educating families and making appropriate adaptations.

Social or Emotional Development:

- This refers to a child's behaviors, play, leisure, and interpersonal relationships. It's a child's ability to interact with others, regulate their behaviors, and participate in everyday occupations.
- OTs and OTAs support taking turns, following directions, and following simple instructions.
- OTs and OTAs help the child develop coping skills and utilize coping strategies to improve attention and engagement in daily occupations.
- Is the child interacting with others? Are behaviors impacting daily routines and rituals?

Adaptive Development:

- This refers to a child's ability to adapt to various demands of daily living, including areas such as dressing, eating/feeding, toileting, and bathing.
- OTs and OTAs collaborate with families to develop and enhance routines.
- Is a child having difficulty with dressing, eating a variety of foods, or participating in play?

Physical Development:

- This refers to the child's interaction with the environment through hearing, vision, gross, and fine motor skills.
- OTs and OTAs help facilitate motor skills to improve the child's ability to engage and participate in everyday occupations such as play, self-help, feeding, and interacting with others.
- Is the child playing with toys appropriately? Are they having a difficult time using both hands during play?

Cognitive Development

- This refers to the child's ability to be flexible, attend, and learn about the world around them including cause and effect, matching, and praxis.
- OTs and OTAs engage the child in play by providing toys that are the "just right challenge" to facilitate the development of cognitive skills and improve participation in everyday occupations.
- Is a child having difficulty with purposeful play?

Sensory Integration and Sensory Processing:

- This refers to the ability of a child's brain to receive, perceive, and organize information from auditory, visual, tactile (touch), proprioceptive (through the joints), vestibular (balance and movement), and taste and smell in order to produce a meaningful response.
- OTs and OTAs collaborate with families to support a child's sensory needs during everyday activities and routines.
- OTs and OTAs promote sensory strategies to facilitate meaningful play and participation in everyday occupations.
- Is the child constantly moving, jumping, crashing, or running? Are they having difficulty with mealtime? Are they having difficulty with sleep routines?