



the infants' home
CHILD & FAMILY SERVICES



Resource Sheet for Families: Five Benefits of Occupational Therapy for Children

Occupational Therapy supports children to do the activities/tasks they need or want to do across a range of areas including play, self-care, education, leisure, sleep and social connections (i.e. the 'occupations' of childhood). At The Infants' Home, our Occupational Therapists (OTs) work alongside the Educators in our centres to help all children, including those who have different learning strengths and needs, to build their skills, confidence, and independence.

Occupational Therapy has many benefits for all children and helps them build on their strengths so they can participate and engage in activities that are meaningful to them.

Five key benefits of Occupational Therapy (OT) for children:

- 1. Improved Motor (Movement) Skills:** OT helps children develop the strength and coordination in the small muscles for tasks such as writing, buttoning, and using utensils. OTs also support children with developing balance, strength and coordination in larger muscle groups for activities such as walking, running, and jumping
- 2. Enhanced Sensory Processing:** OT helps children to manage sensory input (e.g. sounds, sensations, sights) which includes supporting all children's unique sensory profiles. OT can help children as well as the adults around them to use strategies to help children to regulate sensory input, leading to reduced anxiety and improved focus.
- 3. Increased Independence:** OT helps children to develop self-care skills such as dressing, feeding, and grooming, and can help them to use adaptive techniques and tools to overcome challenges in daily activities.
- 4. Improved Social and Emotional Skills:** OT helps children to understand social situations, including understanding different types of social skills and communication styles. It can also support children to understand and recognise a range of emotions so that they may feel better equipped to know what might help them in different situations.
- 5. School Readiness:** OT helps children develop the skills needed for success at school, such as handwriting, focus, and organisation.

When working with children who have different learning strengths and needs, our OTs at The Infants' Home work with the child, their family and our Integrated Team of Educators and Allied Health therapists to identify and work toward individual goals for that child.

If you have any questions or would like more information, please call us on 02 9799 4844 or email us at childrenservices@theinfantshome.org.au.