

What is the Role of Occupational Therapists in Pediatric Care?

Occupational therapists work with infants and children who are challenged in reaching their developmental milestones in social, self-help and fine motor areas. They also work with children who are having difficulty organizing and integrating information from their environment. The goal of occupational therapy is to help each child participate in their everyday activities as fully as possible.

Conditions that Respond Well to Occupational Therapy



The Role of Parents and Caregivers in Supporting Occupational Therapy

As a parent, you have very valuable information about your child. You are partners in their therapy needs. Hence, it is important that you clarify your doubts with our therapists, learn the techniques and incorporate them in the daily life of your child.

How Can Occupational Therapists Help your Child?

Activities of Daily Living

Occupational therapists can work with you and your child to enable performance of self-care tasks that boost your child's development and confidence. Self-care activities for children include being able to eat, dress, groom, bathe, and go to the toilet independently.

Hand Eye Co-ordination/Visual Perception

Occupational therapists are skilled in identifying and treating skill deficits in visual processing and motor planning that are important for learning tasks such as reading and writing, copying from the board at school or doing homework.

Handwriting and Fine Motor Skills

Occupational therapists are experts in facilitating the skills required for handwriting and other hand functions that require coordination and strength of hand muscles.

Sensory Processing Difficulties

How a child processes and responds to sensory information, i.e. sight, sound, smell, taste and touch, is called sensory integration. Deficits in these skills can be reflected in their emotional reactions. Occupational therapists can help children develop the 'sensory integration' necessary to cope in these circumstances.

Social Communication Difficulties

Interacting with others in a socially appropriate manner and developing friendships could be limited due to deficits in social skills. These skills can be improved through social communication group therapy.

Complex Needs

Some children have complex physical needs; occupational therapy can offer:

- Splinting and positioning
- Home and school adaptations
- Equipment advice/recommendations
- Advice on assistive technology
- Sensory stimulation groups
- Parent teaching/learning groups



What is Occupational Therapy (OT)?

Occupational therapy (OT) enables individuals to engage in meaningful occupations. The word 'occupation' in OT does not simply refer to work or employment. It includes all activities that a person does in his/her everyday life, including:

- Self-care activities like dressing
- Instrumental activities of daily living like shopping
- Leisure activities
- Social activities
- Education-related activities
- Paid employment
- Play
- Rest and sleep

Occupational therapists work in a variety of clinical areas such as pediatric, orthopedic, neurology and psychiatry departments as well as in home health care.



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