



## What is Occupational Therapy?

The following describes the Occupational Therapy (OT) role in the Early Intervention Therapy (EIT) Program at BC Centre for Ability (BCCFA)

Occupational Therapists (OTs) are university educated, licensed professionals who help people participate in everyday life skills. For infants, toddlers and preschoolers, this means play skills, self-care, preschool and participation in family routines.

At BCCFA our mandate is to work with children from birth to school entry age who have developmental and/or neurological challenges. We look at how children make sense of their environments, use their hands and fingers, move their bodies to play, manage self care tasks and participate at home and in the community. We work with families, teachers and other team members to determine what children can do independently, what they need help with and what learning strategies or adapted materials might help. Support ranges from individual parent/child sessions and visits to preschool or daycare to educational workshops for parents and other caregivers.

OTs can help with the following activities:

### PLAY AND LEARNING

#### Coordinating hands and fingers

- Playing with two hands together to: build, fit objects together, hold a toy still
- Using fingers to manipulate (turn knobs, push buttons, rotate puzzle pieces, pick up tiny parts)
- Holding writing tools (crayons, paint brushes and markers) to draw, paint and colour
- Drawing simple shapes and pictures (pre-writing)
- Cutting with scissors
- Cause and effect play (eg. hit a switch to make something happen)
- Constructive play (making things)
- Problem solving to figure out how things work and go together (matching, opening, copying, building)
- Exploratory play using the senses (touching, looking, hearing and moving in play)

#### Knowing what to do with toys

### SELF CARE

#### Dressing

- Planning how to get dressed
- Orienting clothing correctly
- Managing fasteners
- Tolerating clothing textures

#### Toileting

- Training readiness
- Toilet routines
- Managing clothing
- Safe positioning on toilet

#### Eating and Drinking

- Using utensils
- Drinking from a cup
- Eating a variety of foods and textures
- Supportive positions for eating/drinking

#### Bathing / Hygiene

- Hair brushing/washing
- Tooth brushing
- Hand washing

#### Sleeping

- Bed time routines
- Falling asleep
- Staying asleep

### HOME AND COMMUNITY ACTIVITIES

- Transportation (e.g. car seats, strollers, accessible vans)
- Accessibility at home, pre-school and in the community (e.g. ramps, washrooms, adapted furniture)
- Participation in family and social events
- Preparation for kindergarten

The goals we establish together will be based on what you want to see your child doing in everyday routines and activities.