

# Occupational Therapy for Children

## What is Occupational Therapy?

Occupational therapy supports children and adolescents to participate in activities that they do in everyday life and to overcome their unique challenges they are experiencing.



## What Can We Help With?

- ✓ Self care: getting dressed, washing, toileting, and feeding
- ✓ Play skills: sharing, taking turns and following rules
- ✓ Social skills and communication: flexible thinking and adjusting to situations
- ✓ School readiness: pencil grip, cutting, organisation, attention and concentration
- ✓ Sensory processing: body awareness, modulating noise, visual stimulation and touch
- ✓ Fine and gross motor skills: tying shoe laces, throwing and catching, handwriting
- ✓ Capacity-building for mental health challenges and intellectual disability
- ✓ Regulating emotions and behaviour

## Ready to reach your goals?



If you would want to know more about our occupational therapy services or to book an appointment, you can:

**Call Now** 0477 059 051

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