**What is Playwrite occupational therapy ?**

Occupational therapy (OT) helps people with health challenges participate in daily life to the fullest.

OTs help patients return to the lives that they love. We recognize that an injury or illness can be devastating, and we know that much of the healing process involves being able to participate in daily life in ways that matter the most to each specific patient.

Our role is to serve as a guide, by helping each patient establish health and life goals—and then working with them to find the interventions, technology, and equipment that work best to get them where they want to be.

Here at Playwrite our Passion for under-privileged communities who do not have these services in their area and are in need of them.

## Daily tasks your OT can help your kid complete:

**Play Skills:** Play, play, play! That is what kids do all day, everyday and there is a reason for that. Playing is incredibly important to help children develop social, cognitive, motor, and interactive skills. When children have trouble engaging in play it can impact all of these areas. OTs can help children gain appropriate fine motor skills, strength, and hand-eye coordination to increase your child’s ability to interact with toys and engage in play!

**Social/Emotional Regulation:** One of the greatest skills children develop is the ability to self-regulate when they need to do things such as focus or engage with their peers. When children struggle with regulation this can have a significant impact on their social and emotional well-being. OTs can help children develop skills to monitor their regulation, develop better ways to regulate, and provide activities to address any sensitivities that may be impacting their regulation. For example, some children really struggle with sound, so much so that it impacts their ability to engage in their classroom activities. OTs can help children build their tolerance and ability to process sound input to improve their ability to attend in a noisy environment.

**Self-Care Skills:** Completing those daily ‘self-care’ tasks are crucial in allowing your child to build their independence. When kids struggle with these daily tasks, it can mean starting every day off with frustration. OTs can help children build their independence when getting dressed by including fasteners (buttons, zippers) or teaching how to tie shoe-laces. OTs can work on the sequencing, motor planning and motor skills needed to complete these activities. Once mastered, this can make those mornings before school much more successful and enjoyable for kids!

#### Activities to promote development:

* A routine of daily interactive reading.
* Parents asking their child questions.
* Parents answering their child’s questions.
* Encourage the child’s interest in learning activities.
* Limiting television and online games to 2 hours daily.
* Encourage more interactive play.

### Developmental milestones:

**Infant – birth to 1 year**

* Able to drink from a cup
* Able to sit alone, without support
* Babbles
* Displays social smile
* Gets first tooth
* Plays peek-a-boo
* Pulls self to standing position
* Rolls over by self
* Says mama and dada, using terms appropriately
* Understands “NO” and will stop activity in response
* Walks while holding on to furniture or other support

**Toddler – 1 to 3 years**

* Able to feed self neatly, with minimal spilling
* Able to draw a line (when shown one)
* Able to run, pivot, and walk backwards
* Able to say first and last name
* Able to walk up and down stairs
* Begins pedaling tricycle
* Can name pictures of common objects and point to body parts
* Dresses self with only a little bit of help
* Imitates speech of others, “echoes” word back
* Learns to share toys (without adult direction)
* Learns to take turns (if directed) while playing with other children
* Masters walking
* Recognizes and labels colors appropriately
* Recognizes differences between males and females
* Uses more words and understands simple commands
* Uses spoon to feed self

**Preschooler – 3 to 6 years**

* Able to draw a circle and square
* Able to draw stick figures with two to three features for people
* Able to skip
* Balances better, may begin to ride a bicycle
* Begins to recognize written words, reading skills start
* Catches a bounced ball
* Enjoys doing most things independently, without help
* Enjoys rhymes and word play
* Hops on one foot
* Rides tricycle well
* Starts school
* Understands size concepts
* Understands time concepts

**School-age child – 6 to 12 years**

* Begins gaining skills for team sports such as soccer, T-ball, or other team sports
* Begins to lose “baby” teeth and get permanent teeth
* Girls begin to show growth of armpit and pubic hair, breast development
* Menarche (first menstrual period) may occur in girls
* Peer recognition begins to become important
* Reading skills develop further
* Routines important for daytime activities
* Understands and is able to follow several directions in a row

**Adolescent – 12 to 18 years**

Feedback

* Adult height, weight, sexual maturity
* Boys show growth of armpit, chest, and pubic hair; voice changes; and testicles/penis enlarge
* Girls show growth of armpit and pubic hair; breasts develop; menstrual periods start
* Peer acceptance and recognition is of vital importance
* Understands abstract concepts