



Occupational Therapy Parent Consultation

What can we support you with?



Fine Motor Skills

Daily life skills that require use of the small muscles of the hand (e.g. buttons, zippers, opening containers, holding a pencil, etc)



Handwriting Skills

Written output is an essential skill that requires fine motor skills, cognitive ability and visual motor integration.



Gross Motor Skills

Use and coordination of the big muscles in the body. This includes balance, strength and coordination to safely complete activities.



Activities of Daily Living

Human tasks that can be considered the foundation to learning and thriving (i.e. sleep, movement, nutrition, hygiene).



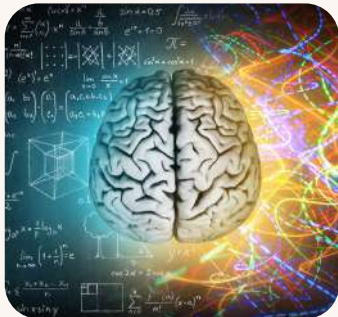
Self Regulation

The process of organizing and monitoring our emotions and body to match the demands of an activity



Sensory Regulation

How our body understands the world around us and within us.



Executive Functioning Skills

Cognitive processes that help us to execute an action (e.g. paying attention, working memory, flexible thinking, organization, etc.)



Emotional Wellness

Feeling good about your yourself and learning skills to manage stress and build self-esteem

Above all, use your trusted parental gut to pinpoint what your child needs to thrive. We are here to support you along the way.