

WHAT PEDIATRIC OTs

HELP WITH:

Fine Motor Skills

Improving control and coordination of small muscles in the hands and fingers for tasks like holding a pencil, using scissors, buttoning clothes, or feeding themselves.

Self-Care Skills (Activities of Daily Living)

Supporting independence with dressing, grooming, toileting, eating, and hygiene routines (toothbrushing, toileting, etc.) at home and school.

Emotional Regulation & Coping Skills

Teaching strategies to help children recognize, express, and manage emotions, especially in stressful or overstimulating situations or environments.

Gross Motor Skills

Building strength, balance, and coordination for larger movements like climbing, jumping, throwing, or sitting upright in a chair.

Attention & Executive Functioning

Helping kids stay focused, follow multi-step directions, plan tasks, and organize materials—skills that are critical for learning and independence.

Play & Social Participation

Using play as a tool to build peer interaction, problem-solving, turn-taking, and creativity—especially for children who struggle with engagement or flexibility in play.

Sensory Processing

Helping children manage and respond appropriately to sensory input (e.g., sound, touch, movement, taste, body awareness)—including kids who may seem overly sensitive or under-responsive to sensations.

