



Occupational therapy's mission is to improve an individual's independence and address and regain the foundational skills needed to perform meaningful occupations. Pediatric occupations include play, socialization skills, school, self-care, and other tasks and roles that they find significant in their lives.

Occupational therapy addresses these occupations and the foundational skills that are necessary for these occupations, which include the following:

Fine Motor Skills

Fine motor skills are essential in using our hands in daily functional tasks to manipulate different objects. These skills are our ability to control small movements of our hands and fingers needed to independently participate in self-care, play, writing, and coloring. Occupational therapy addresses the following components of fine motor skills: grasp, hand strength, bilateral coordination, hand-eye coordination, in-hand manipulation, etc.

Gross Motor Skills

Gross motor skills are the use of the main muscle groups that are essential to coordinating movements in daily tasks and activities. These skills involve walking, running, skipping, sitting, standing, catching and throwing. Occupational therapy will address the basis of these particular skills, such as postural strength, motor planning and balance.

Upper Body/Core Strength

Upper body strength and core strength affect our ability to successfully participate in fine motor and gross motor activities during activities of daily living. Upper body strength is the strength of the scapulae muscles and shoulders. Core strength is the strength of the trunk muscles, stabilizing our spine during daily activities to maintain proper posture. Core strength is the foundation of upper body movement and control during these activities of daily living. Occupational therapy will provide interventions that will restore upper body strength and core strength that are affected by low tone, generalized weakness, joint mobility, etc.

Bilateral Coordination Skills

Bilateral coordination skills incorporate using both sides of the body during motor activities. These skills are foundational for crawling, walking, getting dressed, catching a ball, riding a bike, cutting with scissors, writing and coloring. Individuals that have difficulty with bilateral coordination skills may appear clumsy or uncoordinated.

Visual-Motor Integration

Visual-Motor Integration is the ability to integrate visual perception and motor abilities (eye-hand coordination). It is the ability to produce an appropriate motor response to manipulate objects during tasks when presented with a visual stimulus. Visual-motor integration is essential in fine motor skills, such as handwriting (copying letters and letter/shape formation) and cutting. Practical difficulties include handwriting, challenges with puzzles, poor pencil control, visual scanning when reading and writing, etc.

Play/Social Interaction

Play is an important occupation in a child's life where learning, development, and social interaction occurs. Occupational therapy encourages the use of play to address motor skill development, cognitive development, social skills, problem-solving skills, sensory processing, and much more.

Activities of Daily Living/Self-Care

Activities of daily living include everyday tasks that people carry out to live a quality life and a life of well-being. These tasks include dressing, bathing, self-feeding, hygiene, and toileting. An occupational therapist can incorporate meaningful and purposeful activities to address the underlying issue and the existing skills through intervention.

Occupational therapy's goal is to promote independence and improve activities of daily living.

Handwriting

Handwriting is an important skill. Some children struggle with writing legibility, letter formation, or properly holding a writing utensil.

Occupational Therapy can help with handwriting development and address the foundational skills of handwriting for your child to be successful.

Sensory Processing/Integration

Sensory processing is the ability to process sensory input, organize sensory information (visual, hearing, taste and smell, and touch) in the brain, and produce an appropriate response. Besides the five senses, sensory processing also includes the proprioceptive and vestibular systems. The proprioceptive system is our awareness of how our body is positioned in space.

The vestibular system internally receives information as our body moves through the environment. It helps us to maintain balance, equilibrium, and movement. Specific performance patterns are symbolic of difficulties with sensory processing that may impact a child's daily life, which is referred to as Sensory Processing Disorder. They may appear over-responsive or under-responsive to sensory input. Over-responsive is when a child is sensitive to input and becomes defensive or avoids specific experiences. Under-responsive is when a child is slow to register sensory input, seeks sensory input, and always seems to be on the go.

Children who have difficulty with processing sensory information may display the following:

- *Poor attention and easily distracted by the environment*
- *Difficulty with change in routine and transitions*
- *Difficulty with managing emotions (dysregulation)*
- *Difficulty with self-regulation*
- *Seeks touch, sound, movement, visual input, or all sensory inputs (always on the go)*
- *Sensory defensiveness (avoids eating certain foods, avoids touching certain textures, sensitive to loud noises, or avoids specific movements)*
- *Appears clumsy, demonstrates decreased coordination, and difficulty with motor planning*

SCHOOL CONTRACTS & SERVICES

Purposed Pediatrics therapy is passionate about education and students thriving in their school environment. Our school-based occupational therapy contract services aid in benefitting students with their individualized educational plan (IEP). In the school setting, occupational therapy addresses academics, play, social skills, self-care, and transition/work skills. Service time with each student may include one-on-one time, collaboration with the educational team, materials adaptation, strategic implementation, or combined activities to support the student in their education. We offer the following occupational therapy contract services:

- *Part-Time*
- *Virtual or On-site*
- *Evaluation Overflow*
- *Comprehensive Evaluations*
- *Direct/Indirect Services*
- *Participation in IEP meetings*

LOCATION SERVICES

Purposed Pediatric Therapy provides home health, community, telehealth, and school contract services.

Home Health

We are more than happy to bring occupational therapy to you! Occupational therapy services within the child's natural environment can help your child thrive and live a purposeful day-to-day life. We will also educate caregivers on implementing occupational therapy strategies at home that will benefit your child outside of therapy sessions.

Community

We can implement our sessions into your child's life if they are currently attending daycare or school. We can provide services to your child in their learning environment for them to grow in their daily lives in the areas of play, social interaction, fine motor skills, and sensory processing. We will collaborate with the staff at your child's daycare or school to support your child in his/her educational journey.

Telehealth

We do provide virtual occupational therapy services to individuals in Texas. These services are beneficial regarding safety, flexible scheduling, and individuals who reside beyond our face-to-face service area. We understand that safety is the number one priority for your child during the COVID-19 pandemic.

CONTACT INFORMATION

If you are interested in becoming a part of the Purposed Pediatrics Therapy family, please call us today or contact us via email. We look forward to hearing from you!

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*We are currently in-network with BCBSTX, Medicare, and in the process of getting credentialed with other insurance companies.