

# Understanding Development in Children

## Introduction



We partner with families to support each child's development and wellbeing. Our Occupational Therapy approach is child-led, relationship-focused and play-based, helping children learn and thrive through meaningful activities.

# WELCOME

# Our Approach to Occupational Therapy

We are excited to join you and your child on their developmental journey. We know how integral family is to each child and we're honoured to partner with you to support your child's development.

We have developed these information sheets in the hope that we can build a shared understanding of some of the ways we can work together to support your child's development during Occupational Therapy sessions. We hope by sharing this information that we can extend the benefits of intervention into home and learning environment.

## Occupational Therapy - our approach

We celebrate the miracle of each and every child and their potential to thrive. We draw on a range of theories and intervention approaches so we can support each and every child we meet. We are child-led, relationship focussed and play based.

Occupational Therapists' core belief is that when children engage in activities that are meaningful and developmentally appropriate, they not only thrive, they have greater quality of life and overall wellbeing. Occupational Therapy sessions are fun, involve lots of play and generally bring a smile to everyone's faces.



# SENSORY PROCESSING

## Brain Development

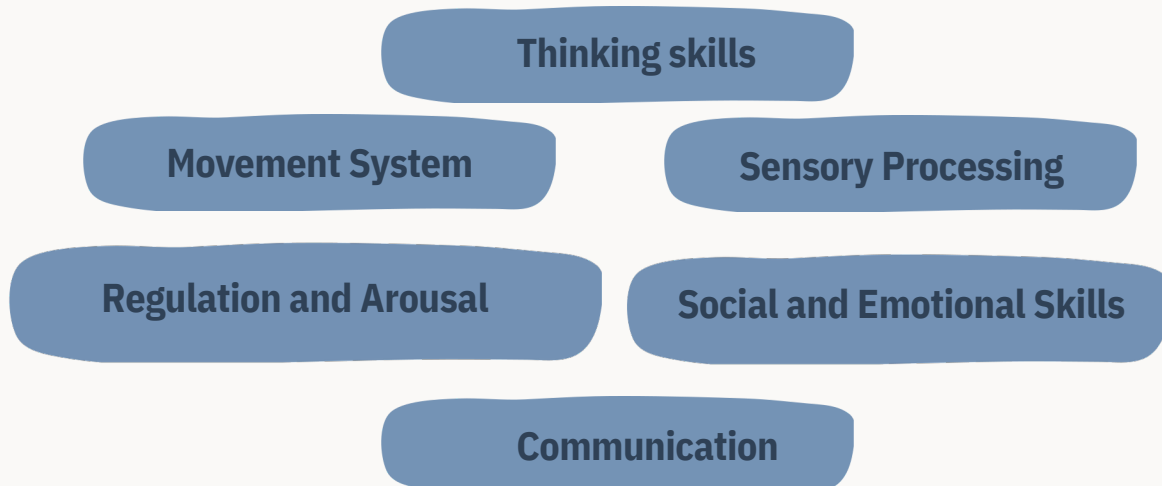
A child's skills and capacity to learn reflect the neurological organisation of their brain. That is, the better organised and interconnected the brain is, the better it performs.

When development unfolds as expected, we see children progressively acquiring skills and reaching key developmental milestones such as talking, crawling, walking, and engaging with age-appropriate challenges.



### Key areas of development:

The following areas play a vital role in children's learning and development:



## WORKING TOGETHER

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### Focus of occupational therapy intervention

We are passionate about supporting children to build and master foundational skills before focusing on higher level skill development. Often intervention supports a number of different areas of development including regulation and creating a sense of safety, social connection, sensory integrative processing, motor development, thinking and communication skills.

Occupational Therapists also consider the world around the child including the tasks they engage in, the environment - home, learning setting and community, as well as the people supporting them including their family, friends and educators. This means that we might meet with children at home, school or in the community and work collaboratively with all the people supporting them.

### How parents and educators can support

Each information sheet will cover a component of child development, provide practical strategies you can trial at home and where to find more information. We sincerely hope these resources are helpful.

