



OCCUPATIONAL THERAPY



At Kids SPOT, our occupational therapy services help children develop the skills needed to participate confidently in everyday activities at home, school, and in the community. Through engaging, child-centered therapy, we support children in building independence, confidence, and success

How Occupational Therapy Can Help

- Our occupational therapists help children:
- Build social-emotional and self-regulation skills
- Develop self-care and daily living skills
- Enhance attention, organization, and executive functioning
- Improve fine and gross motor skills
- Increase independence and confidence
- Strengthen sensory processing and regulation

Areas We Address

Fine Motor Skills

- Bilateral coordination
- Hand strength
- Handwriting
- Pencil grasp
- Scissor skills

Gross Motor Skills

- Balance and coordination
- Body awareness
- Motor planning
- Reflex integration
- Strength and posture

Daily Living Skills

- Dressing
- Fasteners and shoe tying
- Feeding
- Grooming and hygiene
- Independent living skills

Cognitive & Attention Skills

- Executive functioning
- Focus and attention
- Organization
- Time management

Social-Emotional Skills

- Emotional awareness
- Problem-solving
- Self-regulation
- Social interaction

Visual & Sensory Skills

- Sensory processing and sensory integration
- Visual motor integration
- Visual perception

Orthopedic Injuries & Concussion Rehabilitation

Our therapy team provides individualized treatment for children recovering from injuries, surgeries, and concussions to help them safely return to daily activities and sports.

Conditions We Treat:

- Concussions and post-concussion symptoms
- Fractures and broken bones
- Joint and muscle injuries
- Overuse injuries
- Post-surgical rehabilitation
- Sprains and strains
- Sports-related injuries

Therapy May Focus On:

- Balance and coordination
- Gait and movement training
- Mobility and flexibility
- Pain management
- Return-to-sport readiness
- Strength and endurance
- Vestibular and balance rehabilitation following concussion

At Kids SPOT, every therapy plan is individualized to meet your child's unique strengths and needs, helping them build the skills necessary to thrive in everyday life.

*Looking for more services? Visit our Specialties page to see everything we offer.