



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:

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

Areas We Address

Fine Motor Skills

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

Gross Motor Skills

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

Daily Living Skills

- Feeding
- Dressing
- Grooming and hygiene
- Fasteners and shoe tying

Independent living skills

Cognitive & Attention Skills

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

Social-Emotional Skills

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

Visual & Sensory Skills

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

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.