



## Occupational Therapy Preschool Developmental Services

**Service Planning:** Family will receive a phone call from an occupational therapist to:

- describe OT services,
- discuss priority concerns,
- service options available, and
- make additional referrals if needed (including community-based programs).

### Parent Education and Groups

- Parent education videos (online)
- Play and Engagement Group
- Virtual Selective Eating Group (ages 15+ months)
- Virtual Texture Progression Group (7-15 months old)
- Parent education for selective eating and neurodevelopmental differences (virtual)

**Goal Directed Episode of Care for priority concerns** for example:

- Self-care (eating, dressing, bathing, sleeping, toileting),
- Sensory processing/ co-regulation, or
- Play and learning

Episodes of care are typically 1-4 sessions followed by review of service plan. This includes discussion about the need for a future episode of care, transition to community programs, and readiness for discharge.

### Discharge occurs when:

- ✓ Goals have been met, or
- ✓ Families have self-management strategies in place, or
- ✓ Another therapy program has started, or
- ✓ Kindergarten eligibility/ entry.

### Our Favourite Words of Child Development

**Family-** You know me best and I trust you.

**Function-** I might do things differently, but I CAN do them. Please let me try.

**Fitness-** Everyone needs to stay fit and healthy, including me. Help me find ways to keep fit.

**Friends-** Having childhood friends is important. Please give me chances to make friends with my peers.

**Fun-** Childhood is about FUN and PLAY. This is how I learn and grow.

**Future-** I will grow up one day. Please help me find ways to participate in my community.

In general, children receive a maximum of 4 appointments and/or phone consultation sessions with a site-based OT.

Communication with other therapy programs may include sharing reports or attending a team meeting.