

## CHILDREN WITH DEVELOPMENTAL DELAY AND THE ROLE OF OCCUPATIONAL THERAPY

A child with developmental delay may not show behaviors, skills and abilities that are characteristic of the child's age. A child may have delays in one or more of the following areas: cognitive development, physical development (including fine motor, gross motor, vision and hearing), communication development, social and/or emotional development, and adaptive development.

### *What is the purpose of occupational therapy for children?*

Occupational therapists who work with children have extensive knowledge about stages of child development, and the milestones in a child's physical, mental, social and behavioral development.

At Gold Coast Pediatric Therapy, occupational therapy focuses on your child's participation in their "occupations," or purposeful activities, throughout the day. For a child, this may include feeding, dressing, grooming, school tasks, hobbies, play and social skills. Gold Coast Pediatric Therapy's services are individually tailored to the needs, goals and priorities of your child and family.

### *What does an occupational therapist do?*

- Evaluate your child to determine their ability to complete age-appropriate tasks in the areas of self-care skills, fine motor skills, eye-hand coordination skills and sensory processing skills. Your customized evaluation may include clinical observation, standardized testing, a parental interview and a written report. A personalized report specially prepared by Gold Coast Pediatric Therapy can be useful for explaining your child's needs to other medical professionals, teachers or family members.
- Develop long-term and short-term goals to address the needs of not only your child, but also your entire family.
- Observe your child's home and school environments to determine how it may be modified to promote improved development.
- Provide treatment to help your child complete age-appropriate skills and better interact with their environment. Gold Coast Pediatric Therapy offers flexibility in treatment locations to achieve the best results. Treatment may occur at our therapy facility, in your child's home, school and/or in a community activity or facility.
- Facilitate age-appropriate self-care routines and habits, play skills and social skills.
- Collaborate with your child, family, educators and other service providers to encourage improvement in your child's ability to complete daily tasks.

### *What can parents and families do?*

- Educate yourself about treatment options available for your child.
- Involve yourself in treatment sessions to stay up-to-date on your child's goals and progress.
- Encourage your child to participate in a variety of play activities, including exploratory play (finger painting, water toys), manipulative play (stacking blocks, puzzles, stringing beads) and symbolic play (playing with dolls and stuffed animals).

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### *How can I find occupational therapy for my child?*

Gold Coast Pediatric Therapy is a premier private practice in central Boca Raton offering pediatric occupational therapy services. Jennie Lewin Kreger, the founding therapist, has over ten years of experience in pediatrics and occupational therapy. Her work has been published in peer-reviewed journals and textbooks, and she has traveled the world presenting to physicians and therapists.

Occupational therapy is a skilled health, rehabilitation and education service covered by private insurance, Medicare, Medicaid, worker's compensation, vocational programs, behavioral health programs, early intervention, and school programs. Preschool and school-age children and youth (to age 21) may be eligible for occupational therapy services under the Individuals with Disabilities Education Act or Section 504 of the Rehabilitation Act.

Contact Jennie Lewin Kreger, OTR/L at Gold Coast Pediatric Therapy at (561) 368-9700 to schedule your free screening and learn more about our innovative treatment options.

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