

OCCUPATIONAL THERAPY PRACTICE IN PEDIATRICS

EMPOWERING INDIVIDUALS TO LIVE LIFE TO THE FULLEST

PEDIATRICS AND OT OVERVIEW



Occupational therapy practitioners support children, youth, and their families to participate in meaningful occupations.

This can include playing, dressing, feeding, education, and as children get older, preparing for adulthood and building transition skills.

OT IN PEDIATRICS

There are essential elements of pediatric practice:

- Family-centered practice
- Interprofessional collaboration
- Strengths-based & transition focused
- Occupation & play-based
- Trauma-informed
- Evidence-informed

WHERE DO OTS WORK IN PEDIATRICS?

There is a combination of “traditional” and emerging practice contexts.

- Schools
- Early Intervention
- Mental health settings
- Specialized settings (e.g., NICU)
- Outpatient clinics
- Medical facilities (hospitals)

Specialty Board Certification is available post-graduation



WHO DO OTS IN PEDIATRICS WORK WITH?

Clients aged birth to 21 years with a variety of occupational performance strengths and challenges.

This could include children with...

- neurodiversity
- developmental differences
- neuromuscular differences
- genetic differences
- executive functioning difficulties
- sensory processing difficulties
- self-regulation difficulties
- mental health

WHAT DO OTS IN PEDIATRICS DO?

OT practitioners develop a collaborative intervention plan with children and families. It may include therapeutic use of self, assistive technology, play, activity & environmental adaptation, and caregiver coaching.