

How Occupational Therapy Helps Children with Sensory Issues



Occupational Therapy can help children who struggle with sensory issues:



Pediatric Occupational Therapists:

- Help children participate in daily life activities
- Improve play skills, self care, fine motor skills and sensory processing
- Work toward improving a child's ability to be an active participant in life's meaningful activities



Occupational therapists are well trained to spot sensory seeking or sensory avoiding behavior that is outside the range of typical. In therapy children are allowed to explore their senses in a safe environment while participating in fun activities.



Therapy often involves the use of:

- Swings
- Climbing Structures
- Big Pillows
- Bolsters

Sensory Integration Praxis Test



Most thorough evaluation for sensory issues is the SIPT (Sensory Integration Praxis Test). This is a group of tests that look at the strengths and concerns for all the different sensory systems

Parents should talk to their pediatrician or health care provider about an occupational therapy evaluation if they suspect their child has a sensory issue. The earlier a child starts therapy the better, but it is never too late.

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