



OT Lens: Un Paso  
A La Vez

# Pediatric Occupational Therapy

## WHAT IS PEDIATRIC OCCUPATIONAL THERAPY?

Pediatric occupational therapy prioritizes providing client-centered services that are meaningful, appropriate, motivating, and aligned with the child's goals (O'Brien & Kuhaneck, 2019).

Examples of some diagnoses that pediatric OTs work with:

- Autism Spectrum Disorder (ASD)
- Cerebral Palsy (CP)
- Down Syndrome
- Sensory Integration Disorder (SID)
- Attention-deficit/hyperactivity disorder (ADHD)



## HOW CAN OT HELP?

- Provide evidence-based research-supported interventions and strategies.
  - Emotional regulation
  - Oral motor/feeding
  - Handwriting
- Educate and equip caregivers, teachers, and interprofessionals on strategies.
- Evaluate, treat, and assess children to address their development milestones.



## REFERENCES

O'Brien, J. C., & Kuhaneck, H. (2019). Case-Smith's Occupational Therapy for Children and Adolescents - E-book (8th ed.). Mosby.

