



## **MIDSTREAM EDUCATIONAL SUPPORT SERVICES**

### **OCCUPATIONAL THERAPY**

Midstream Educational Support Services (MESS) comprises the therapeutic services of Educational Psychologists, Occupational Therapists, Speech and Language Therapists, Audiologists, Visual Therapy and remedial help. These professionals are located at the offices of Midstream Educational Support Services at the Bondev Office Park in Midstream.

Midstream Educational Support Services (MESS) bestaan uit 'n span dinamiese terapeute wat daarna streef om deurentyd op die voorpunt van die nuutste kennis en tegnologie in hul onderskeie professies te wees en sodoende die beste moontlike diens aan Midstream se kinders te kan lewer.

In die era waarin ons leef word daar verskeie eise aan ons kinders gestel. Baie kinders kan met gemak aan hierdie eise voldoen, maar daar is al hoe meer kinders vir wie dit nie so maklik is nie. Dit is van die allergrootste belang om enige area wat nie voldoende ontwikkel is nie, betyds aan te spreek, aangesien die gaping tussen 'n kind met 'n probleem en 'n kind daarsonder net groter en groter word indien die probleem nie gou genoeg aangespreek word nie.

Wie behoort te besluit of jou kind enige terapeutiese insette nodig? Jou kind se onderwyseres kan 'n waardevolle inset lewer, maar geen formele of informele evaluering is beter as 'n ouer se intuïsie nie. Indien jy as ouer dus self twyfel in jou hart ervaar oor jou kind se vordering, is dit altyd beter om professionele advies in te win.

## **OCCUPATIONAL THERAPY**

### **WHAT IS OCCUPATIONAL THERAPY?**

Occupational Therapists help children gain the functional skills they need for independence in play, learning, motor skill development, self-care and socialisation in their home, school and community environments. In the paediatric setting, therapists use their expertise to help children prepare for and perform important learning and developmental activities. This typically includes muscle strengthening and range of motion of the hands and body, work on bilateral coordination (using two hands together), motor planning, visual perception skills and visual motor skills. It also includes direct practice of the task, often with adaptations or modifications of the fine motor and self-care tasks (cutting, writing, tying shoelaces, etc.) that are difficult for the individual child.

## HOW DO I KNOW IF MY CHILD NEEDS OCCUPATIONAL THERAPY?

If your child is regularly unsuccessful in completing a task, mastering a skill appropriate for his / her age or is having problems at school learning new concepts and retaining information, Occupational Therapy may be helpful. Occupational Therapy can help kids with various needs improve their cognitive, physical, and motor skills and enhance their self-esteem and sense of accomplishment.

### YOUR CHILD MAY NEED OCCUPATIONAL THERAPY IF:

- They seem to have weak hands and / or get tired easily while doing gross or fine motor tasks.
- They have difficulty with learning gross motor tasks such as riding a bike, skipping or hopping.
- They are having difficulty with eye-hand coordination, bumping into objects and being clumsy.
- They are overly sensitive to sensory stimulation including touch, textures, tastes, sound and movement.
- They are unresponsive with decreased reactions to movement, touch, sound or have unusually low emotional responses.
- Poor sleeping patterns, aggressive or impulsive behaviour.
- Difficulty with controlling emotions.
- They have trouble with writing, including pushing too hard or not hard enough, not being able to develop and maintain a good grasp on the pencil, and having trouble with size and spacing of their letters.
- Inability to accurately copy from the whiteboard.
- Reversals of letters and numbers.
- They have trouble learning how to dress themselves, difficulty with buttons, zips and shoelaces.
- They have difficulty with coordinating the muscles that control their eyes for good vision.

When you do see an Occupational Therapist, an initial assessment is conducted to evaluate the skill level of your child and plan therapy intervention. Weekly individual therapy sessions will be done at the therapy rooms and a home program can also be implemented.

### CONTACT

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