



NHS

**Royal Berkshire
NHS Foundation Trust**

Children's Occupational Therapy: what to expect

Information for parents and carers

Your child has been referred to the Children's (Paediatric) Occupational Therapy Team. This leaflet outlines what to expect.

What are Children's Occupational Therapists (OTs)?

Children's OTs help children and young people to be as independent as possible in everyday life. OTs consider environmental, physical, learning and sensory needs and their impact on the child's participation in functional activities. We work in partnership with the child, their parents/carers and other important people in the child's life such as their doctor, teacher and other health professionals.

What do OTs do?

Assessment (including):

- Observing your child undertaking a range of activities, e.g. using cutlery, pencil skills, dressing, throwing / catching balls.
- Involving other professionals who know your child.
- Play-based activities.
- Consideration of their environment e.g. nursery/school.
- Talking with you and your child and others involved in their life.



Reporting:

Following the assessment we will provide written advice on how you or others can encourage your child to develop their skills.

Our service is largely based around assessment and advice however we do offer a range of follow up based on the child's needs. This may be in the form of:

- Individual sessions.
- Group sessions.
- Parent and teacher workshop.

What do we need to bring?

Please bring with you the questionnaires for parents and school that you received with your appointment letter and any extra information regarding your concerns. For school age children it is helpful to see a school literacy book. Children will be asked to move around so comfortable clothing and footwear is recommended.



Who can attend?

You and your child should attend the appointment. We are also very happy for you to bring a member of nursery/school staff known to your child. We ask that wherever possible, you arrange to attend the session without bringing other children with you.

How long is the assessment?

We recommend that you allow up to one and a half hours for the assessment. This allows us to gain the most out of the session and be able to make appropriate recommendations for your child.

Where should we go?

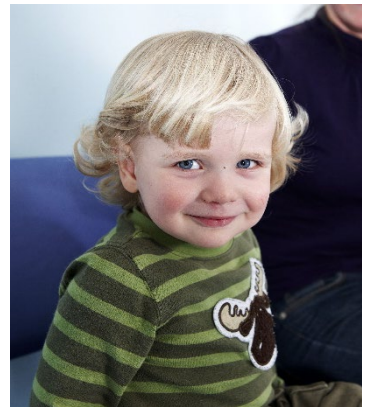
Your appointment will be at Dingley Child Development Centre or West Berkshire Community Hospital (WBCH). Please check your appointment letter for clarification.

Where can we park?

Free parking spaces are available at Dingley Child Development Centre, University of Reading Campus (Earley Gate entrance). At WBCH there is pay and display car parking available.

Other important information...

Due to the high volume of children referred to our service, we ask that you confirm your appointment with us as soon as you are able. This is so that if you are unable to attend we can re-arrange the date/time with you and offer the appointment to someone else.



We look forward to seeing you.....

Contact us

Children's Occupational Therapy Team: 0118 322 5366 or email rbft.ot@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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