

Pediatric Occupational Therapy

A guide for talking to your doctor

We work with children who have trouble meeting developmental markers or participating in everyday activities.

Our occupational therapists are trained to evaluate and care for children of all ages and at all levels of need. We use the most up-to-date tests and measures to help your child develop, improve or regain skills.

Request a referral

Your family physician or pediatrician will need to write an order for occupational therapy. This guide can help you talk to your doctor about the challenges your child is facing.

Once your doctor writes the order, someone from our scheduling department will call you to set up an appointment at the location of your choice.

What is occupational therapy?

Occupational therapy helps children gain independence by improving their ability to complete everyday activities at home, at school, and at play.

Is your child facing any of the issues below? If so, occupational therapy may be a good fit for your child.

- Bathing, dressing, feeding
- Playing ball, maintaining safety on playground equipment
- Stacking blocks, coloring, handwriting (fine motor skills)
- Playing in groups, playing with age-appropriate toys
- Knowing how to fit in with friends
- Controlling emotions
- Picking up on social cues
- Controlling repetitive behaviors/habits
- Being able to tolerate sensory differences: rough textures, loud sounds, strong scents
- Maintaining an openness to trying and eating new foods and foods with different textures
- Handling changes in routine, knowing how to solve problems (adaptive behavior)

How we can help

The occupational therapist may help your child in the following ways:

- Create play-based activities with modeling to teach new skills or regain skills
- Provide skilled support and hands-on techniques for learning new skills or regaining skills
- Provide instruction for the child and parent(s) on techniques and recommendations for activities at home
- Discover what motivates each child and use that to make progress in therapy

Occupational therapy appointments

Phone: 612-273-6228

Toll-free: 1-855-255-9212

Locations

- Burnsville
- Eagan
- Edina
- Maple Grove
- Maplewood (opens Dec. 3, 2018)
- Minneapolis
- New Hope
- Pine City
- Princeton
- Woodbury
- Wyoming

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