

Occupational Therapy (OT)

Occupational Therapy (OT) in school helps children develop the skills they need to participate in everyday activities, such as learning, playing, and socialising.

This support can help children overcome challenges with:

- **Physical skills:** Fine motor tasks (writing and cutting) and gross motor tasks (balance and coordination).
- **Sensory processing:** Support children to manage how they respond to sensory input (sounds, textures and lights).
- **Independence:** Skills like dressing, toileting or self-regulating emotions.

An **occupational therapist** will assess a child's needs and design personalised interventions to help them succeed.

FAQ

How Does OT Work in Schools?

OTs work collaboratively with teachers and support staff to ensure interventions fit within the child's daily routines. Support can include:

- **Individual sessions:** Focused, one-on-one interventions.
- **Group activities:** Developing skills with peers.
- **Classroom strategies:** Adapting environments or tasks to make them accessible (e.g., using pencil grips, visual schedules, writing slopes).

How does a child access OT in school?

- **Through an EHCP:** If OT is listed in Section F of their EHCP provision.
- **Referral:** If a child has an EHCP, school request a referral through the EHCP Coordinator. If a child doesn't have an EHCP, school can refer for an assessment through Bromley Healthcare.