

## OT can support your child with:

- Classroom routine
- Student confidence
- Social engagement
- Student readiness to learn
- Academic progress

## About Us

We are a team of qualified Occupational Therapists with a passion for children and our profession. Together with our multi-disciplinary team members (Speech-Language Therapists and Audiologists, RT, educators, social worker and psychologist), we strive to help your child reach their potential and to support your child holistically.



OCCUPATIONAL  
THERAPY



**Occupational Therapy**  
*Skills for the Job of Living*

## Contact us:

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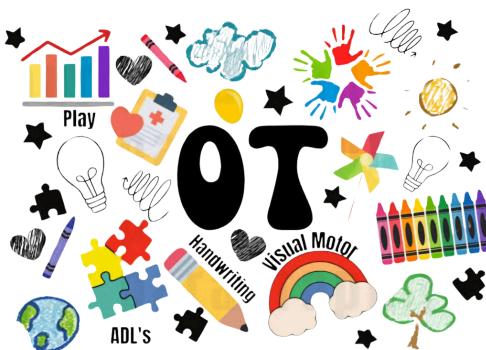


# Destinata School

## Occupational Therapy

# Therapy

- Therapy is for all learners from grade R to grade 5.
- Therapy differs in frequency between phases;
  - **Foundation Phase:**
  - Grade R - Individual sessions once a week.
  - Gr 1-3: 2/3x per week individual sessions or in small groups
  - **Intermediate Phase:**
  - Gr 4-5 - 1/2x individual or group therapy & 1/2x class therapy per week.



Therapy follows a set timetable. Small groups have no more than 3 learners. Grades 4 & 5 also receive class therapy.

It is important to us that your child has fun, experiences success, and grows to be the best version of themselves!

# Therapy Aims

Therapy goals are aimed at:

- Improving skills to assist and/or overcome barriers to learning.
- Improving independence.
- Gathering a better understanding of self (problem-solving abilities, study strategies, learning to adapt behaviour and ways of doing).
- Providing a secure environment in which to try, fail, learn, adapt and develop.
- Ensuring success by providing “a just right challenge”.

# Our Focus

Helping your child to reach their full potential.

We focus on

- Sensory-motor aspects
  - Postural control
  - Fine motor skills
  - Gross motor skills
  - Bilateral integration
  - Planning and execution of movements
- Visual perception skills
  - Visual discrimination
  - Figure-ground
  - Position in space
  - Visual closure
  - Visual motor integration/copying
  - Visual memory and sequential memory
- Executive functioning
  - Managing self and time
  - Planning
  - Working memory
  - Staying focused
  - Completing tasks/schoolwork
- Meta-cognition strategies
  - Plan, monitor, and evaluate one's thinking
  - Thinking about thinking

**ALWAYS REMEMBER...**

**YOU ARE BRAVER THAN YOU BELIEVE,  
STRONGER THAN YOU SEEM & SMARTER  
THAN YOU THINK!**

