

Occupational Therapy at Metro Pediatrics



Occupational Therapy focuses on child-lead, play-based treatment to help children meet milestones, overcome sensory challenges & improve self-care, play and regulation skills. Metro Occupational Therapy prioritizes a safe space for our clients to learn, focus, and maximize goal attainment in OT and ST. We do this by prioritizing regulation and relationship building to understand your child's and family's needs.

What is Regulation?

Regulation is the ability to manage impulses that influence emotions, thoughts, actions and attention.

What can I expect from Child-Lead, Play-Based Therapy?

A child's interest and needs are prioritized. We find this creates lasting, meaningful relationships for goal attainment. Our sessions often include motor based activities to support regulation with social problem solving and fine motor skills are addressed as opportunities arise.

Occupational Therapy Common Areas of Focus



Co-Regulation & Self-Regulation

We all utilize supports to regulate. Many children benefit from guidance to learn what supports help them in regulation.



Sensory Regulation

OTs see the body in 8 senses. With our movement, compensatory, & play strategies, we can get the senses in-sync.



Coordination, Strength & Praxis

Whole body coordination, strength, and praxis support attainment in functional skills.



Fine Motor & Visual Motor Skills

Precise movements of the hands integrated with vision. This includes handwriting, scissor skills & utensil use.



Executive Functioning

Higher-order cognitive skills that allow individuals to achieve goals. This includes organizing, planning, memory, attention and flexibility.



Basic Activities of Daily Living (BADLs)

BADLs include self-care daily tasks such as tying shoes, bathing, dressing, eating, and toileting.

