

Occupational Therapy For Child and Adolescent Mental Health

As Occupational Therapists, we help your child become as independent as possible in the following areas:

- **Activities of Daily Living** (e.g. feeding, dressing, toileting, grooming and personal hygiene)
- **Play and Leisure**
- **Learning and Work**

Child and
Family

Occupational
Therapy
Intervention

Occupations
which the
child has to
accomplish

Environment –
Physical, Social
and Cultural

Occupational Therapists look at interactions among all these factors to maximise the child's functional abilities.

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A Member of the National Healthcare Group

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Reasons Why Your Child is Referred to Occupational Therapy

You child might be referred to occupational therapy if he/she has difficulties in doing daily activities, such as:

- Gross and/or fine motor abilities
- Handwriting
- Planning, sequencing and problem-solving
- Sustaining attention and being organised
- Play and social skills

Occupational Therapists Help Children and Adolescents to:

- Improve overall strength and coordination
- Improve handwriting and drawing skills
- Improve visual perceptual skills
- Improve sensory processing and regulation for participation in daily activities
- Improve attention to enhance learning
- Learn cognitive strategies for motor and social tasks
- Instill confidence and self-esteem to be competent in school, self-care, play/leisure and work

These skills can be worked on during individual therapy sessions or group therapy programmes. The Occupational Therapist will recommend a therapy programme that will best suit the needs of the child.

Occupational Therapy Group Programmes



BODY WORKZ is a sensory integration group therapy programme that aims to improve your child's awareness of his/her body in relation to space, ability to execute actions with good planning and control, understanding of non-verbal communication and prepare him/her to participate in social situations with ease.



PRAXIS GROUP will create opportunities for your child to express ideas, formulate an action plan and execute smooth and efficient movements in social settings. Your child will be able to participate in group projects or sports at school with improved self-esteem and confidence.

HAND WORKZ is a handwriting group therapy programme to develop efficient handwriting. Handwriting is a complex skill that requires a strong foundation in fine motor coordination, visual motor skills, and hand dexterity.

How Do I Sign My Child up for Occupational Therapy Services?

- If your child is seeing a psychiatrist at the Child Guidance Clinic, you may speak to him/her about obtaining a referral to Occupational Therapy services.

PARENT SUPPORT GROUP – Helping Your Child Achieve Independence through Activities of Daily Living

This parent-focused group enables parents to use daily activities to help with the development of motor skills as well as promote emotional and cognitive growth. Your child will learn to problem-solve, communicate appropriately, be responsible and make good decisions for long-term personal well-being.



FEEDING THERAPY

is conducted by both the Occupational Therapist and Speech Therapist. Your child will be assessed on sensory and oral motor difficulties contributing to selective food intake. We will work closely with parents to provide strategies to improve the child's

ability to explore and eat different types of food, and to participate in regular mealtimes with the family.

ALERT PROGRAMME is a parent and child workshop that assists the child to understand his/her levels of energy and alertness. Its primary focus is to help the child MONITOR, MAINTAIN, and CHANGE his/her level of alertness, to improve attention, learning, and behaviour. The child and parent will be taught self-regulation strategies which he/she can use in a variety of tasks and settings.



- If your child is currently seeing an Occupational Therapist for individual sessions, you may talk to your Occupational Therapist, and he/she will advise if your child is suitable for any of the group therapy programmes.

