

What is Occupational Therapy?

At Playabilities, occupational therapy (OT) is a strength-based, child-centered therapy that helps children participate in the meaningful activities, or “occupations,” that fill their daily lives. These occupations include play, self-care (like dressing, eating, or brushing teeth), school tasks, social interactions, and exploring their interests. Occupational therapy recognizes that every child has a unique way of experiencing and interacting with the world — and celebrates these differences as part of their identity, not as deficits to “fix.”

How OT can support your child:

Our occupational therapists (OTs) partner with children, families, and care teams to support each child’s individual needs, strengths, and sensory preferences. For some children, OT focuses on fostering regulation, skill-building, and confidence in ways that respect their unique identity. Support may include:

Sensory Regulation & Processing

- Helping a child understand and respond to sensory information in ways that feel safe and comfortable, such as creating sensory-friendly routines, recommending sensory tools, or supporting transitions.
- Supporting a child

Motor Skills & Coordination

- Building fine motor, gross motor, and coordination skills to help with activities like writing, cutting, climbing, or self-care tasks (including dressing, toileting, and eating) — always through playful, engaging approaches.

Daily Routines & Independence

- Supporting skills for everyday life — like using utensils, tying shoes, or organizing school materials — while adapting the environment or tasks to match the child’s strengths and needs.

Play & Social Participation

- Encouraging authentic, joyful play and helping children engage with peers in ways that feel natural and safe to them, honoring their communication style and social preferences.

Advocacy & Environmental Supports

- Collaborating with families, teachers, and caregivers to create environments that reduce barriers and celebrate the child’s strengths — for example, recommending sensory-friendly classroom supports or communication tools.

Occupational Therapists focus on building a variety of emotional, social, and motor skills in children so that they can participate in meaningful activities to the best of their ability. To learn more about how OT can help your child specifically, reach out to us and let us build a village of support around you and your child.