

Occupational Therapy in School



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November 2024

Welcome & Introductions



Caroline



Liat



Tatiana

- Introduction to Occupational Therapy & KidSpace
- Share how Occupational Therapists work in schools
- KidSpace in St Mary's school
- What to do if you think your child needs occupational therapy





Definition

Helping People Thrive

OT supports individuals in doing the things they *need* and *love* to do, enabling **independence** and improving **well-being**.

Holistic Approach

What Does "Occupation" Mean in OT?

(RCOT, 2024)

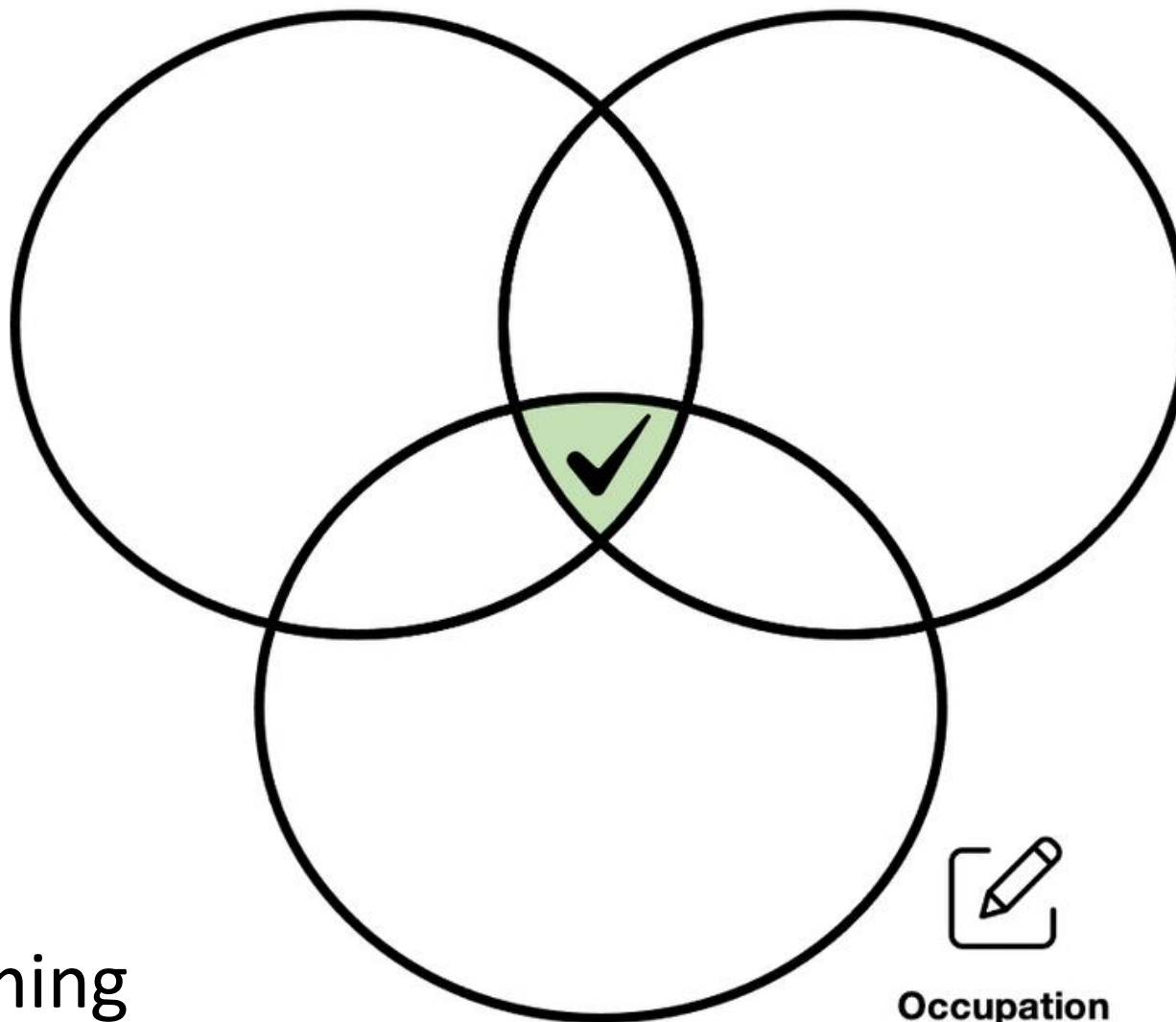
What is Occupational Therapy?



Person



Environment



- Doing
- Being
- Becoming
- Belonging

- Health & Wellbeing



Occupation

- The 7 areas the Healthy Mind Platter is looking at: Sleep, Physical time, Focus time, Play time, Connecting time, Down time, and Time in



<https://drdansiegel.com/healthy-mind-platter/>

- We must prioritise health, wellbeing, happiness and quality of life
- Evidence suggests there are 5 steps we can take to improve our mental health and wellbeing



- Brunel Children's Research Clinic
- Community Outreach Programme
- Opportunity for occupational therapy students to gain hands on practical experience
- Access to occupational therapy students that can offer strategies and intervention in natural environment



ADDRESSING DIFFICULTIES IN
PARTICIPATION AND LEARNING



COLLABORATING WITH PARENTS,
TEACHERS AND SPECIALISTS



WORKING ON SKILLS SUCH AS
HANDWRITING, FOCUS, AND
SOCIAL PARTICIPATION



Occupational Therapy Level of Interventions

- **Specialist**- One-on-one therapy targeting specific student needs
(e.g., fine motor skills, sensory regulation)
- **Targeted** - Supporting small groups or working together with teachers.
- **Universal** - Improving the school environment to promote inclusivity and participation.



School Environmental Audit

What is the Environmental Audit?

- A structured evaluation of school environments.
- Focus on classrooms, main hall, hallways, and playgrounds.
- Purpose: Enhance learning, enable safe occupations, and promote well-being.



St. Mary's Hallways

Benefits of the Environmental Audit Approach:

- Enhances student engagement and learning outcomes.
- Creates safer spaces for academic and social interactions.
- Fosters overall well-being for staff and students alike.
- Encourages continuous improvement through collaborative input.



St. Mary's – Example of a great classroom environment

A Well-Equipped Playground: A Hub for Health and Social Growth

- Offers diverse activities for physical and mental health.
- Promotes **social interaction** and fosters friendships.
- Enhances overall **well-being** for students.





Does your child need occupational therapy?

- **Difficulty with daily activities**
Dressing, eating, brushing teeth
- **Struggle with fine motor skills**
Writing, using scissors, and manipulating small objects
- **Issues with gross motor skills**
Running, jumping, balancing, and climbing stairs
- **Social and emotional Challenges**
Making friends, regulating emotions, adaptability



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Home > Hillingdon Talks, Moves, Plays

Need help urgently? ▶

Hillingdon Talks, Moves, Plays

Children's Integrated Therapy Service
(CITS)

How we help:



talks

Speech and language therapists

Work with children and young people who have speech, language and communication needs or eating, drinking and swallowing difficulties (dysphagia).

moves

Physiotherapists

Help with movement and mobility difficulties caused by neurological, neuromuscular, or orthopaedic conditions. They also work with musculoskeletal difficulties (for children under the age of five only).

Show accessibility tools

Contact details

Children's Integrated Therapy Service (CITS)

Phone: [01895 488 200](tel:01895488200)

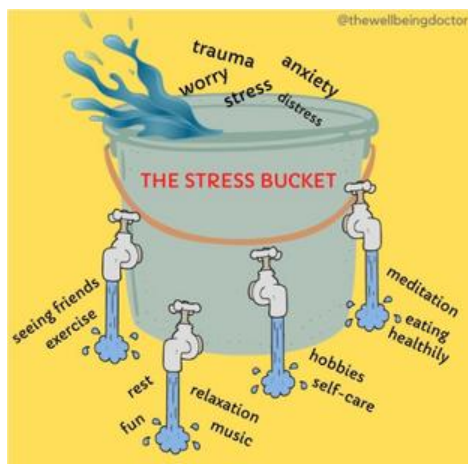
Lines are open Monday to Friday
(excluding bank holidays)

9am to 5pm

I matter



PUT YOUR OWN OXYGEN MASK ON FIRST
BE KIND TO YOURSELF
LOOK AFTER YOURSELF
REPLENISH YOUR STRESS BUCKET
FIND YOUR TRIBE





KidSpace

We are a university-based research clinic led by Occupational Therapists dedicated to understanding and promoting participation & key skills in childhood disability.

Contact us to get involved



Handwriting difficulties



Developmental Coordination Disorder



Evidenced based occupational therapy



Inclusive Sport



Teaching & learning activities for students



Partners and collaborators



School-based outreach programme



Our team



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Thank You

