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How Can An Occupational Therapist Help Your Child Under 5 Years?

Fine Motor Skills

- Holding a pencil
- Using scissors
- Fastening buttons and zippers
- Fine motor skills are essential for play, school and independence

Gross Motor Skills

- Balancing on one foot
- Climbing and jumping
- Catching, kicking and throwing balls

These skills help kids stay active and build confidence in movement

Sensory Processing

- Helping kids manage noise, lights or textures
- Supporting sensory seekers (spinning, running, fidgeting etc.,)

Sensory regulation is key for feeling calm and focused!

Daily Living Skills (Activities of Daily Living)

- Dressing independently
- Using utensils for eating
- Building routines for smoother mornings and bedtimes

These skills promote independence and confidence

Social and Emotional Development

- Managing transitions from home to childcare/childcare to home
- Managing transitions from kindy to school
- Managing big feelings
- Building play skills and making friends
- OT's help kids connect, share and thrive socially

Why Early Support Matters

The first five years are critical for building your child's foundation for life, with the brain growing rapidly and forming essential pathways. Early intervention through



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occupational therapy (OT) supports milestones such as motor skills, sensory processing, and social-emotional development, helping children build confidence and independence. OT fosters skills like coordination, communication, and coping strategies, which are vital for success in daily activities and peer interactions. Addressing developmental concerns early can reduce the risk of long-term challenges and promote better outcomes in academic and social areas. By providing early support, OT helps children thrive and reach their full potential, setting them up for lifelong success.