

When To Seek Help From An Occupational Therapist (OT)



We are here to help you!

What is an Occupational Therapist?

Navigating your baby's development can sometimes feel overwhelming, especially when you're unsure what to expect. An occupational therapist supports your baby's growth by helping them develop the skills needed for everyday activities. Through fun, play-based sessions, we work on improving motor skills, sensory processing, and overall development. Whether it's helping with movement, calming techniques, or reaching milestones, an OT is here to guide both you and your baby on their developmental journey.



When Should I Seek Help from an OT?

- Delays in achieving developmental milestones
- Feeding difficulties
- Sleep difficulties
- Limited eye contact or interaction with caregiver
- Difficulty settling
- Favouring one side of the body
- Jerky or poor quality arm and leg movements
- Your child has a known diagnosis of congenital or neurological conditions such as Downs Syndrome or Cerebral Palsy

How OT's can help?

- Support development of motor, cognitive, social/emotional skills
- Parent support and education
- Finding the right toys to support development
- Conduct formal assessments to help determine delays and causes
- Problems solving strategies for management of feeding, sleep and settling concerns
- Positioning methods to optimise development

Why Early Intervention?

- The foundations for learning, behaviour and health are most capable of change in the first 3 years of life.
- A child's brain is strengthened by positive experiences early in life, especially with caring adults, safe and supporting environments
- Early intervention can change a child's developmental trajectory and reduce future problems later in life
- Early intervention is more effective and less costly than when provided later in life.

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