

Choosing an Occupational Therapist or Physiotherapist for Your Child

Information for Families who have a Child with Developmental Coordination Disorder (DCD)

Here are some tips to think about when you choose an Occupational Therapist or Physiotherapist (OT/PT) in your community:



Do they believe in collaborative goal setting?
(which includes the child, family members and therapist)



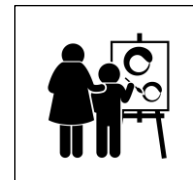
Do they focus on meaningful task-specific goals for your child?
(for example: learning to tie shoes, print neatly, shoot a basketball)



Are sessions scheduled at least once per week?



At the sessions, is there task-specific coaching and practice?
(for example: learning to draw, skip rope, cursive write, ride a bike)



Is there weekly homework to work on in between sessions?
(for example: homework for printing or skipping practice)



Reference: Smits-Engelsman, B. C. M, Blank, R., Van der Kaay, A. C., Mosterd-Van der Meijs, R., Vlugt-Van den Brand, E., Polatajko, H. J., & Wilson, P. H. (2013). Efficacy of interventions to improve motor performance in children with developmental coordination disorder: a combined systematic review and meta-analysis. *Developmental Medicine & Child Neurology*, 55(3), 229-237

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