



## What is Occupational Therapy?

A child's main job is **playing, learning, and completing daily self-care activities**. Sometimes, **motor, sensory processing, attentional, emotional, behavioral or cognitive barriers** interrupt these jobs. An occupational therapist can evaluate a child's skills as compared to their peers and **recommend the necessary steps and activities** for helping them reach age appropriate levels for play, social interactions, school performance, and daily activities. Occupational therapy can help children not only improve these skills, but it can also improve a child's **self esteem, sense of accomplishment, and independence**.



## Services Provided:

**We Provide Consultations, Evaluations, and Treatments for Challenges with:**

- Sensory Processing
- Self Regulation
- Attention
- Arousal
- Behavior
- Gross Motor Skills
- Fine Motor Skills
- Social Interactions
- Feeding
- Toileting
- Activities of Daily Living

**Specialized Programs and Approaches We Use Include:**

- Dynamic Bottom Up/Top Down Approach
- SOS Approach to Feeding
- The Listening Program
- Integrated Listening System
- Finger Olympics
- Social Thinking
- Zones Of Regulation
- Intensives
- Groups
- Dyads
- Parent Observation and Participation

# TeeKoz Kids



## Pediatric Occupational Therapy



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## Does my child need OT?

All children develop at their own pace, however, there *can* be **foundational problems** that impact their **motor development, social interactions, play, behavior, emotions, self regulation, activities of daily living** and **availability for learning**. Many parents also ask, "How do I know if this challenge is just part of my child's temperament or developmental age?" Our answer to that is "**How does the challenge affect your child's ability to function in play, with peers, within your family and within the community?**" These questions may also help you decide if your child's challenges may warrant seeking professional help.

### My Child:

- Has difficulty with the basics: dressing, bathing, eating, grooming, sleep, toileting, transitioning
- Does not react typically to sounds, movement, touch, smell, taste or visual input
- Is more challenged than peers by fine motor skills
- Is more challenged than peers by gross motor skills
- Is overly clumsy/ does not seem to know where his/her body is in space
- Often leans into surfaces, people or joints/ needs to lie on the floor while playing
- Has difficulty organizing belongings, thoughts or self
- Has difficulty doing multi-step activities
- Struggles to sit still and focus
- Displays rigid or inconsistent behavior/ Is described as being "inflexible"
- Has difficulty regulating levels of arousal, emotions or behaviors
- Has difficulty keeping his/her mind and body calm and organized
- Is more challenged than peers with complying with limits, when plans change or when there are unexpected changes in routines
- Needs to be in control to the point that it affects daily functioning
- Understands tasks, but often states, "I can't"
- Struggles with or avoids social interactions and can't seem to make or keep friends

### Goals:

-We want to find out what is interfering with your child's development and success- then help minimize the impact of it.

-We want you to understand your child's needs and have the necessary tools to address them.

-We want to help educate you - the parents - so that you understand how to best help your child at home and in the community.

-We want your child to succeed- and have confidence in his or her skills.

- We want your child to thrive – to be able to grow, develop and reach their full potential

- We want to help your child be the best they can be.