

# What Happens During the First Occupational Therapy Appointment?

The first step in your child's occupational therapy appointment will be a discussion of your concerns and your child's history with the OT student. This is a time to share information about your child's motor skills, developmental history, medical information, and typical daily life activities. You can expect questions about your child's eating habits, hygiene routines (bath, brushing teeth, transitioning to sleep, dressing), emotional regulation, and their likes/dislikes for activities involving movement and touch.

The therapist will also ask questions about motor development including gross and fine motor tasks (walking, colouring, cutting, writing) and coordination in completing tasks. Feel free to bring examples of your child's handwriting or drawing skills.

In the initial session you will be given a series of documents to complete, but it's also a good idea to create a list of your concerns or questions you have and bring it with you. In the moment, it's easy to forget what you intended to ask!

## The following appointment with your child will be an evaluation session.

The evaluation will usually include a standardized test, observation through play, completion of fill-in forms to provide your perspective and build up the parent report.

At least one parent needs to be in the room with your child and the therapist during the evaluation occupational therapy appointment, and while we believe that all family members can play a role in helping children develop, it's important that siblings aren't present during the evaluation. The occupational therapy evaluation appointment can take up to two hours, but if yours doesn't, consider yourself lucky! It takes time for some children to "warm up" to the student and therapist that might be in the room.