North Shore Pediatric Therapy

What is Pediatric Occupational Therapy?

SERVICES STARTING AT 12 MONTHS

MOST MAJOR INSURANCE ACCEPTED



Pediatric occupational therapy helps children develop the skills they need to perform daily activities and participate in their environment.

It is designed for children who may have developmental delays, Autism Spectrum Disorder, physical or cognitive disabilities, sensory processing disorders, or other challenges that affect their ability to perform everyday tasks. OT works on a variety of skills including:

Fine Motor Skills

- small muscle movements, handwriting, manipulating clothing, opening & closing containers

Visual Motor Integration

- communication between the eyes & the hand, cutting skills, tracing skills, & handwriting

Visual Perception Skills

- interpreting what they see, locating items in a busy background, identifying shapes with missing parts

Hand-Eye Coordination

- catching, throwing, writing, & drawing

Core Strength

- strengthening the arms, shoulders, & core so little hands can do more

Social Skills

- play skills with peers, turn taking, & frustration tolerance

Executive Functioning

- attention, working memory, organizing, self-control, mental flexibility, time management, & task initiation

Emotional Regulation

- learning to identify feelings/emotions & how to manage them through sensory regulation strategies

Activities of Daily Living

- dressing, feeding, toileting, & hygiene/grooming

If you have concerns about your child's development, contact us today to consult with a pediatric occupational therapist for an assessment and personalized treatment plan.

NORTH SHORE PEDIATRIC THERAPY | NSPT4KIDS.COM | 866-770-5344

Who Can Benefit from Occupational Therapy?

Occupational therapy helps children develop essential skills for daily life, including self-care, play, and school tasks. **OT benefits those with fine and gross motor delays, sensory processing challenges, self-regulation difficulties, developmental disabilities, feeding issues, and trouble with activities like dressing or handwriting.** Therapy focuses on improving independence, coordination, and confidence through engaging, goal-oriented activities.

What Does a Typical Occupational Therapy Session Entail?

Sessions are play-based, engaging, and goal-oriented, focusing on functional skill development. Activities vary by the child's needs and goals and may include animal walks for strength and regulation, crafts for fine motor skills, or dress-up to practice dressing skills.

How Long Does My Child Need Therapy?

The duration depends on your child's unique goals and progress. Some children can make quick improvements, while others may benefit from longer-term support.

Is Occupational Therapy Covered by Insurance?

In many cases, yes! We are in network with most major insurance providers. Our team will perform a complimentary insurance benefits check for you prior to starting services. We accept **BLUE CROSS BLUE SHIELD PPO and HMO, UNITED HEALTHCARE, and TRICARE, PLUS OTHERS.**

Our Services:

APPLIED BEHAVIOR ANALYSIS, AUTISM AND NEUROPSYCHOLOGICAL TESTING, SPEECH & FEEDING THERAPY, OCCUPATIONAL THERAPY, MENTAL HEALTH SERVICES, PHYSICAL THERAPY

Our Locations:

ARLINGTON HEIGHTS, BUCKTOWN, DEERFIELD, DES PLAINES, ELMHURST, GLENVIEW, LA GRANGE, LAKE BLUFF, LINCOLNWOOD, NAPERVILLE, ST CHARLES, VERNON HILLS, WHEATON, WOODRIDGE

welcome@nspt4kids.com

866-770-5344

nspt4kids.com