



Occupational Therapy Services for **Play**

Babies, toddlers, and children learn through play. Children of all ages can receive occupational therapy services to help them learn how to explore their environment, play with toys, and play with other people.

Occupational therapy practitioners work with clients to:

- Use their imagination
- Learn how to cooperate with others
- Follow the rules of a game
- Play with other children and in groups
- Manage emotions when things don't go their way
- Try new things
- Explore interests and identify play preferences
- Play on playgrounds
- Use adapted toys
- Stop playing and clean up toys

What You Can Do



Ask yourself if your child needs help with play



Ask your child's pediatrician about occupational therapy services

Resource: Royal College of Occupational Therapists. (2023). Occupational therapy and play practice guideline. <https://www.rcot.co.uk/practice-resources/rcot-practice-guidelines/occupational-therapy-and-play-practice-guidelines>