First Step
PSYCHOLOGY & CHILD DEVELOPMENT CENTRE

PEDIATRIC OCCUPATIONAL THERAPY

Every child has potential. We help them thrive.

Helping children build the skills they need for everyday life, learning, and independence.

HOW OCCUPATIONAL THERAPY CAN HELP

- Fine motor skills
- Sensory processing
- Attention & focus
- Emotional regulation
- Self-care skills
- Handwriting & school readiness
- Coordination & balance
- Social participation

SIGNS YOUR CHILD MAY BENEFIT

- Difficulty with handwriting or using scissors
- Sensitivity to sounds, textures, or movement
- Challenges with attention or sitting still
- Delays in self-care skills (dressing, feeding, toileting)
- Poor coordination or balance
- Difficulty following routines or transitions

OUR APPROACH

- Play-based therapy sessions
- Individualized intervention plans
- Parent guidance & support
- Collaborative care with psychologists and therapists
- Child-friendly and supportive environment

WHY PARENTS CHOOSE FIRSTSTEP

- Experienced multidisciplinary team
- Evidence-based therapy approach
- Personalized support for every child
- Warm, family-centred care environment

BOOK A CONSULTATION TODAY!

Let's take the first step towards your child's growth.

CONTACT US

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