FirstStep
PSYCHOLOGY & CHILD DEVELOPMENT CENTRE

# FIRSTSTEP
## PSYCHOLOGY & CHILD DEVELOPMENT CENTRE

# VIKSHA
## Occupational Therapist & NDT Therapist

Compassionate Care. Purposeful Movement. Better Function. Brighter Futures.

## ABOUT VIKSHA

Viksha is a dedicated Occupational Therapist and NDT Therapist with over 5 years of experience supporting children with a wide range of developmental and physical challenges.

**CHILD-CENTRED CARE**
She builds a strong connection with each child and family to understand their unique needs.

**EVIDENCE-BASED PRACTICE**
Uses proven, up-to-date therapy approaches to help children achieve meaningful progress.

**HOLISTIC & FUNCTIONAL FOCUS**
Supports children in developing skills that improve independence in daily life.

**CONTINUOUS LEARNING**
Committed to ongoing professional development to provide the best care possible.

**DIVERSE EXPERIENCE**
Experience in government hospitals, clinics and special learning & therapy centres.

Her goal is to help every child reach their full potential and thrive in home, school and community.

## SPECIALISED SKILLS & CERTIFICATIONS

- Ayres Sensory Integration Certification
- Neurodevelopmental Therapy (NDT) Certification in Cerebral Palsy and Other Neuro Cases in Children
- Rhythmic Movement Training International (RMTi)
- Certified Dynamic Movement Intervention (DMI) Level 1

## AVAILABILITY

| | |
|---|---|
| **Wednesday** | 9:00 am – 12:00 pm |
| **Thursday** | 9:00 am – 4:00 pm |
| **Friday** | 9:00 am – 11:00 am |

Sessions are by appointment.
Please contact our front desk to book.

## EXPERTISE & AREAS OF SUPPORT

### DEVELOPMENTAL & NEURODEVELOPMENTAL
- Global developmental delay
- Autism spectrum disorder (ASD)
- Attention-deficit/ hyperactivity disorder (ADHD)
- Learning intellectual disability
- Genetic syndromes (e.g., Down Syndrome, etc.)

### MOTOR & NEUROMUSCULAR
- Cerebral palsy
- Muscular dystrophy
- Poor muscle tone and movement difficulties

### SENSORY & REGULATION
- Sensory processing disorder / sensory modulation difficulties
- Postural control and vestibular deficits
- Arousal / regulation problems

### FINE MOTOR / UPPER-EXTREMITY
- Handwriting difficulties and school-related fine motor delays
- Dyspraxia / developmental coordination disorder

### SELF-CARE / ADLs & FEEDING
- Feeding / suck-swallow disorders, oral-motor dysfunction
- Self-care delays (dressing, toileting, grooming)
- Tube-feeding management and transition to oral feeding

### SOCIAL, PLAY & SCHOOL PARTICIPATION
- Social skills and play development delays
- School readiness and classroom participation issues

### OUR MISSION
To empower children to reach their fullest potential through meaningful therapy, compassionate care and collaboration.

FirstStep Psychology & Child Development Centre
Sri Hartamas

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