

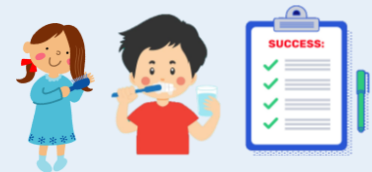
Developing Independence Workshop

A parent workshop to help you support your child to be independent in their daily activities.



Learn practical strategies to encourage independence with activities like dressing, toileting and self-care.

Identify a goal for your child to work towards in their everyday life.



Share ideas and learn from other parents and an Occupational Therapist.



Scan the QR code or use the below link for details, dates, and to book your ticket.

<https://www.eventbrite.com/o/childrens-occupational-therapy-at-hackney-ark-82109439683>

For further details or for help with bookings please contact us on:

huh-tr.childrensotptevents@nhs.net

020 7014 7025

What is Occupational Therapy?

An occupational therapist helps people of all ages overcome challenges completing everyday tasks or activities – what we call “occupations”.

Then, we create a plan of goals and adjustments targeted at achieving a specific set of activities. The plan is practical, realistic, and personal to you as an individual, to help you achieve the breakthroughs you need to elevate your everyday life.

Examples of daily activities we can your child help with:

Self-Care

- Being able to eat/ feed themselves
- Toothbrushing
- Washing
- Getting dressed
- Being able to use the toilet
- Brushing their hair
- Sleeping

Leisure

- Being able to engage in an activities they enjoy such as going to the park/ water play.

Productivity

- Being able to travel to school/ travel around school
- Completing table-top activities like mark-making, writing and using scissors
- Packing schoolbag



What are the aims of the DI Workshop?

This workshop may benefit you if your child has difficulties in developing independence in daily activities like washing, dressing and brushing their teeth. We use a parent-coaching approach to problem solve the area of difficulty and formulate strategies you can try with your child.