



So **occupational therapy** has been recommended for your child! “Why are so many children being referred for Occupational therapy (OT)?” you wonder.....

In my day..... we just got on with it - OR did we? Some of us were labeled LAZY... “He could do so much better if only he tried!” exasperated teachers would remark, at meetings with parents. And then we either had to stay in at break or after school, to finish work we did not finish during class.

Others spent a lot of time standing in the corridors, or in the headmaster’s office, punished because our teachers did not understand, or have the tools to manage children who were not conformist. Our **disruptive behavior** annoyed them, and other children who were, at least trying, to do their work!

Today children with a dreamy disposition (especially girls), may still slip through the cracks and not achieve their potential, unless they cause a disturbance, and then they may be referred for medication to help them to **concentrate**.

There is another way, **A SOLUTION** ..... but this requires engagement with the problem by all those concerned with your child’s best interests. It uses **TEAMWORK**.

A team comprises - the child, his/her parents, and a teacher, who is open enough to explore the problem further and, is thus, prepared to adapt her classroom, routines and an **occupational therapist (OT)**.

It is critical that the OT has postgraduate training and understands how individual differences in **sensory processing** affect each one of us, and how to enhance **concentration**, in the classroom and during homework. Understanding how our brains process information from the environment is just one aspect of our work as Occupational Therapists that affects how we live, learn and play.

Help is at hand. Parents and teachers can attend evening workshops titled:

## **“How to enhance Concentration”**

During the two, two hour sessions, you will gain a basic understanding of how our brains filter background sights and sounds, enabling us to focus on the most important information in the environment. You will take home insights into your own individual sensory profile and “toolbox” of practical strategies, which can be applied in everyday life.

**Contact : Polkaspot Early Intervention Centre**

**For more information : [www.polkaspot.co.za](http://www.polkaspot.co.za)**

**For bookings : 021 4221756**

**Cost : R400 per person**