



Occupational Therapy

"Grab It! Kids", a fine motor intervention program

The number of children experiencing fine motor coordination difficulties has been estimated to be as high as 20 percent of primary school aged children. This is a major area of concern, especially since children spend up to 60 percent of the school day completing fine motor tasks. Fine motor skills provide an important foundation for important functional skills including handwriting, dressing, cutting and playing.

Program Description

Grab It! Kids provides occupational therapy intervention for children in Kindergarten, Year 1 and Year 2 to aid fine motor skill development to meet functional development goals.

Program Structure

Grab It! Kids employs a TeleCare model of treatment working with the child, teaching staff and parents via videoconferencing. Royal Far West will provide:

- Initial 60 minute screening assessment
- 6 x individual weekly sessions with the child
- 6 x briefing sessions over the phone with the parent/carer
- 2 x briefing sessions over the phone/video with the teacher
- 1 x assessment report
- 1 x progress report

Referral Criteria

- Children in Kindergarten, Year 1 and Year 2
- Children with fine motor skill difficulties e.g. handwriting, dressing, handling tools, cutting with scissors
- Children who are able to sit for 30 mins in a video consultation

How Grab It! Kids works

- Teachers identify children within their class that they believe would benefit from the fine motor or handwriting skills intervention.
- Teachers and Parents/Carers are sent a questionnaire to be completed prior to the child's first session.
- An assessment with our Occupational Therapist is completed via video conferencing with the assistance of school staff.
- For those children that are confirmed to require further Occupational Therapy intervention, goals are set in collaboration with parents and intervention targeting areas of difficulty is provided.

Grab It! Kids targeted interventions may include

- Hand Strength
- Crossing midline
- The coordinated use of the two sides of the body e.g. effectively using a 'doing' and 'helping' hand.
- Pincer grasp
- Pencil grasp

- Pencil control
- Fine, quick dexterity in the finger tips and the ability to manipulate (rotate and reposition) objects with only one hand.
- Visual Motor Integration: The ability to accurately use what we see (vision) to produce an appropriate (motor) action.
- Scissor skills
- Letter formations
- Number formations
- Spatial organisation of writing (sizing, spacing, placement of writing on lines)

How the school is involved

It is expected that as part of this program the school will:

- Provide the Royal Far West team with one point of contact within the school for scheduling and to take responsibility of collecting the child's information.
- Supply therapy aides/parent helpers to assist and supervise the children on the program and help set up the session.
- Supply child size chair, child size table and stationary equipment
- Print out the requested worksheets prior to the individual TeleCare Sessions
- Ensure teachers are available to complete required referral information and liaise with the Occupational Therapist throughout the program to discuss the child's progress and discuss interventions if required.
- Notify the Royal Far West TeleCare team as soon as you become aware that cancellations of sessions need to occur e.g. the children cannot attend.
- Notify the team as issues arise and of any feedback you receive so we can continually improve our service.
- Upon completion of the program, the therapy aide and school support staff will be asked to fill in evaluation surveys.

How Parents/Carers are involved

Evidence is very clear that developmental therapy is enhanced when a child's primary care-givers are involved, and support the care plan. We understand the difficulties parents and carers face in balancing their daily activities with the needs of their children. Our goal is to support and encourage parents and carers.

We provide ongoing feedback regarding their child's progress through the Grab It! Kids program, and also seek their involvement in the therapy care program both at the school and in the home. For all participating children we also offer the parents and carers the opportunity to attend therapy sessions and contact the Occupational Therapist regarding their child's progress.

Contact us to discuss your children's needs and to get an obligation-free quote!
Group discounts available

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