

# Occupational Therapy For Children

aged 0 - 16 years

Assessment and Treatment for children with:

- Developmental Co-ordination Disorder (DCD)
- Dyspraxia
- Developmental Delay
- Handwriting Difficulties
- Fine Motor Skills Development
- Visual Perceptual Difficulties

School or Home Visits



**The Banana Tree Practice**

# One-to-one professional private therapy...

## What is the Banana Tree Practice?

The Banana Tree Practice is a privately owned Children's Therapy Practice specialising in the assessment and treatment of children aged 0-16 years. The Practice offers an Occupational Therapy and a Physiotherapy service to children in Cambridgeshire and the surrounding Counties.

The Occupational Therapy service is provided by me Ruth Le May, a highly experienced Occupational Therapist. I qualified in 1992, and since 1998 I have gained extensive experience working with children within the NHS.

## What is Occupational Therapy?

Occupational Therapy is a health profession concerned with promoting an individual's functional and independence skills in all aspects of daily life. For children, this will mean assisting a child to: reach his or her developmental milestones; access the school curriculum and carry out activities of daily living e.g. to be able to dress and to feed themselves. It also involves assisting children to access play activities.

## How can the Banana Tree Practice help your child?

I will work with you and your child in order to promote his or her functional and independence skills. This will involve discussion with you and your child, alongside assessments in order to determine the root cause of your child's functional difficulties.

Functional difficulties may be related to problems with processing sensory information e.g. information received from vision, touch, and movement or with delayed motor skills e.g. difficulties with: coordinating the two sides of the body in order to perform two handed tasks; maintaining balance and with organising and planning movement.

As a result, your child may experience: poor visual perceptual skills; poor handwriting; 'clumsy' behaviour; difficulty fastening buttons and zips and tying shoelaces and possibly difficulties using scissors etc.



## Professional Assessment

I will assess your child using both formal and informal assessments. Formal assessments involve standardised tests, whilst informal assessments utilise observations based upon fun activities and age appropriate play. Prior to the initial assessment appointment, a questionnaire may be sent to you for completion, if appropriate.

Areas of assessment may include:

- Gross motor skills
- Fine motor skills
- Sensory processing
- Visual perception
- Handwriting
- Organisational skills
- Self care skills.

## What is the therapy likely to involve?

Treatment following assessment is aimed at promoting your child's functional skills in order to improve his or her level of independence and may involve all or a mixture of the following:

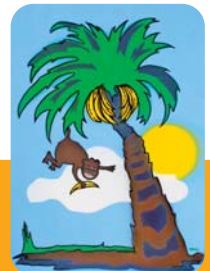
- **A full Assessment Report**  
This will be provided to you, so you can review it as often as required
- **Individual treatment sessions**  
Treatment goals will be set with an agreed number of treatment sessions. These goals will then be reviewed during the final session

- **A home exercise programme**
- **An exercise programme for school**
- **A school visit**  
To observe your child in the classroom setting and to discuss with relevant staff the difficulties that your child is experiencing. Advice will be given to teaching staff along with strategies that can be implemented in the classroom in order to help your child.
- **A review after three months**  
To determine your child's progress
- **A review Report**
- **Specialist Equipment**  
Advice regarding adaptive equipment for use at home and/or school
- **Liaison with other professionals**  
I will collaborate with other professionals involved with your child.



## The Banana Tree Practice

Helping children  
to achieve their  
full potential



# The Banana Tree Practice

Telephone: 07905 342537

## Areas of Clinical Experience

As well as running a private practice, I work part time within the NHS at a busy Child Development Centre as a Highly Specialist Children's Occupational Therapist.

Main areas of Clinical expertise include:

- Assessment and Treatment of children with Dyspraxia
- Assessment and Treatment of Children with Developmental Coordination Disorder (DCD)
- Assessment and Treatment of children with Developmental Delay
- Advice to Schools and Early Years settings regarding Normal Development and how to help a child to progress towards their functional milestones
- Fine Motor Skills and Handwriting Development
- Assessment of Visual Perceptual Skills and strategies to assist in this area
- The Alert Programme for Self Regulation.

## Qualifications

Bsc Honours Degree in Occupational Therapy – University of Ulster 1992.

## Professional Registrations

British Association of Occupational Therapists and College of Occupational Therapists [www.cot.co.uk](http://www.cot.co.uk)

Health Professions Council  
[www.hpc-uk.org](http://www.hpc-uk.org)



## Specialist Section and Group Memberships

College of Occupational Therapists Specialist Section - Children, Young People and Families  
[www.cot.co.uk](http://www.cot.co.uk)

College of Occupational Therapists Specialist Section - Occupational Therapists in Independent Practice  
[www.cotss-ip.org.uk](http://www.cotss-ip.org.uk)

Sensory Integration Network UK and Ireland  
[www.sensoryintegration.org.uk](http://www.sensoryintegration.org.uk)

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## Find out more about The Banana Tree Practice

For an informal chat about your child to determine if Occupational Therapy would be beneficial, call me on 07905 342537 or email [thebananatree@gmail.com](mailto:thebananatree@gmail.com)

### The Banana Tree Practice

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