

Occupational Therapy

Children learn best when they can actively participate in daily activities. For some, however, tasks like writing, dressing, or even playing may be difficult. Occupational Therapy (OT) at Sanchetna focuses on building these life skills, enabling children to function independently and confidently.

What is Occupational Therapy?

OT helps children with developmental delays, sensory processing difficulties, or physical challenges to develop fine motor, gross motor, and self-care skills. It's about making daily life easier and more fulfilling.

Areas of Focus in OT

- Fine motor skills: Writing, buttoning, cutting with scissors.
- Gross motor skills: Balance, coordination, posture.
- Sensory integration: Helping children respond appropriately to sounds, lights, and touch.
- Self-care skills: Dressing, eating, hygiene.

Sanchetna's Approach

Our occupational therapists use play, exercises, and adaptive tools to make therapy enjoyable and effective. Each child's program is tailored to their unique needs and integrated with educational goals.

Empowering Independence

When children master everyday tasks, they feel capable and confident. At Sanchetna, OT is not just therapy—it's the pathway to independence and success.