

Why is therapy important?

- Reduces the risk of your child becoming more unwell
- Allows protected time for you and your child to bond
- Empowers your child to achieve their goals
- Helps to maintain your child's joint movement and muscle strength
- Helps to improve your child's posture
- Gives structure to you and your child's day which also prepares for when you go home
- You and your child feel happier
- Keeps you active in hospital
- A pause from hospital life!

What if my child is unwell?

It is important to still try to complete part of your therapy programme. Consistently continuing part of the programme will help your child's:

- development
- routine
- recovery
- wellbeing

If you are unsure, please speak to your therapist.

What if I have concerns about the equipment I have been loaned?

Please tell your therapist, or ask your nurse or the Arabic interpreting team to contact us.

Therapy services



We are a team of Occupational Therapists and Physiotherapists.

We treat babies, children and young people to promote health and wellbeing, activity and participation.

We complete assessments to understand what activities are more challenging so that an individualised treatment programme can be made.

We recognise that working together with the child, parents and carer is key to optimising progress, ability and independence.

What is occupational therapy?

Occupational therapists help children become more independent in daily activities and enable them to access their environment.

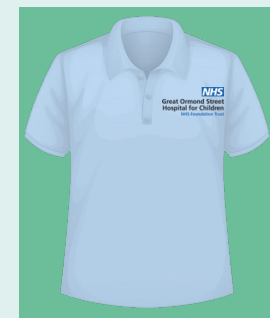
We focus on: self-care skills, hand function, specialist seating (including wheelchairs), positioning and developmental play.



What is physiotherapy?

Physiotherapists use specialist skills to help get children moving.

We focus on: development and participation in activity through strength, flexibility, balance, breathing, and mobility.



What is our role as a therapist?

We offer a therapy service Monday–Friday 8:30–16:30. We will inform you how often your child needs to be seen by therapy. We will do the following:



We will check if your child is medically ready for therapy.



We will arrange a time to see you.



We may loan equipment and show you how to use this safely.



If needed, we will bring an interpreter with us.



We will answer your therapy questions.



We will assess your child and observe activities to guide our treatment.



We will guide you to best support your child's progress.

What is my role as a parent?

You have a very important role in helping your child to reach their goals. Your cooperation in the following is essential for the progress of your child:



Please ask our consent before taking videos or photos of therapy.



Please be ready for therapy sessions. You should both be awake, washed and dressed.



Reduce distractions in therapy by turning off phones and TV.



Carry out the therapy activities advised every day.



Take part in therapy sessions – join us!



Use your therapy equipment daily (or as advised).



Establish a routine – including set bed times, meal times and getting out of bed every day.