


Occupational Therapy

Early Intervention
Provider
Fact Sheets 

What is Occupational Therapy (OT) in Early Intervention?

Occupational therapy in early intervention (EI) supports a child's and family's ability to participate in daily activities, such as mealtimes, sleep habits, and play time. OTs focus on functional skills that will support your child's ability to engage successfully in their environment as they continue to develop their skills.

How would an occupational therapist support your family?

Gross Motor

- Sitting, crawling, walking, jumping, running, ride on toys
- Balance, postural support
- Accessing play environment

Fine Motor

- Zippers, buttons, utensil use
- Scribbling, coloring, grasp
- Stringing beads, stacking blocks

Play Skills

- Play milestones
- Social interaction (family / peers)

Feeding/Eating

- Picky eating
- Feeding difficulties
- Oral motor skills (chewing, swallow)

Activities of Daily Living (ADL)

- Dressing
- Bathing
- Grooming (brushing teeth)
- Toileting / diapering
- Sleep habits

Community Outings

- Grocery store, library, park, etc.

Independence with Daily Routines

- Morning (waking-up)
- Day to day (home or daycare)
- Mealtime (before and during)
- Evening (bedtime)
- Transitions between activities

Sensory/Behaviors

- Sensory processing - the body's response and adaptation to senses (taste, smell, sight, touch, etc.)
- Sensory preferences
- Challenging behaviors
- Emotional regulation

When should you seek out an occupational therapist?

If you have concerns about any of the areas listed above, talk with your pediatrician, or seek out an evaluation through **EI CO** (the website is listed below). Anyone can place a referral, even you! If your child is found eligible for EI services following an evaluation, you and your family's team will identify your child's greatest area of need and the most applicable provider will be paired with your family.

What is the Primary Service Provider Model?

The approach of choosing the most applicable provider for the identified needs is called the Primary Service Provider Model. EI practitioners support children in all areas of child development, and offer wide varieties of expertise. In many cases, each provider is supported by a team of additional disciplines to support well-rounded care for each family. If you and your child are already receiving EI services, and your child needs additional support in an area that your current provider feels would be better addressed by an occupational therapist, you can reach out to schedule a meeting with your service coordinator to discuss the possibility of adding an OT to your team. Providers may be added to the Individualized Family Service Plan (IFSP), based on available resources and necessary approval.

What should you plan to discuss with your OT?

The goal of working with an occupational therapist is to support your child and your family in your everyday life. Share the times of day that are difficult for you and your child. Share the goals you have for your child and your family, and things that you wish would be easier. Your occupational therapist will likely ask what you are currently trying, and provide suggestions based on your child and your family goals.

Helpful Resources

[EI Colorado Website](#)



[AOTA Pediatric OT Fact Sheet](#)



[JFK Partners ENRICH Fact Sheets](#)



