



Information for
patients and
carers

Neonatal Therapists

Occupational Therapy

What is Occupational Therapy?

“A child’s life is made up of occupations (daily activities). These occupations include playing, learning and self-care. Occupational Therapists work with children and their families to assist them to succeed in these activities and to reach their full potential”

Everything in life can be viewed as an occupation. An occupation can be anything from:

- Learning how to get dressed
- Getting into a car
- Drinking from a cup
- Riding a bike
- Writing

The role of the Occupational Therapist is to help achieve the chosen occupation.

What are my baby’s occupations?

On the Neonatal Unit a baby’s occupations are to sleep, grow, feed and to get to know their family.

Occupational therapy services within neonatal settings are focused on supporting the development of your baby.

An Occupational Therapist understands how the environment impacts on everything we do. On the Neonatal Unit Occupational Therapists look at the effect of the environment on your baby’s developing brain and support their growth and development. This helps to promote early engagement with parents; including shared occupations such as nurturing touch and the introduction of feeding, bathing and handling. Through educating parents on strategies to support and engage their baby with appropriate sensory and motor experiences, occupational therapists can provide building blocks for developmental progression and parent-infant interaction.

What is so important about my baby’s senses?

“We receive a great deal of information from our senses. We use this information in many ways – to help us understand our body, understand the environment, and successfully interact in the world”. (Ayres 1979).

When our senses are integrated correctly we are able to respond appropriately to the sensation.

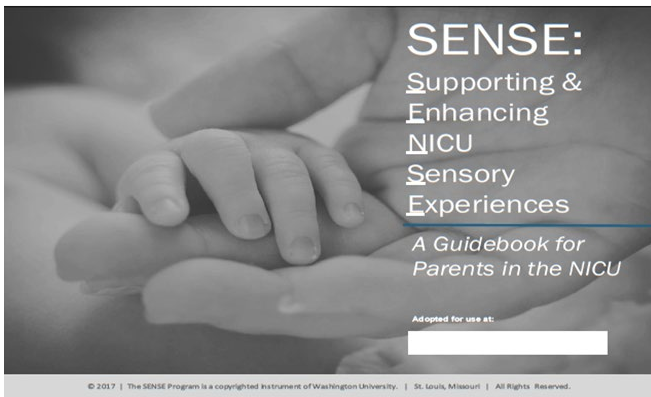
If the brain does a poor job of organising sensations, this can interfere with many things in life. There can be more effort and difficulty, less success and satisfaction.

Reference: Ayres, A. J. (2005). Sensory integration and the child: Understanding hidden sensory challenges. Los Angeles: Western Psychological Services.

Supporting and Enhancing NICU Sensory Experiences (SENSE)

Access SENSE education materials using the QR codes below.

While in “camera” mode on your phone, aim the camera at the QR codes below to open the links in your web browser



Password: Sense!

This resource can also be accessed via the ward iPad. Please ask a member of staff.

This resource for our parents has been funded by Baby Beat.

What can I ask my Occupational Therapist?

The following are things you might want to talk to the Occupational Therapist more about:

- Developmentally friendly environment.
- Kangaroo Care
- Behavioural Cues
- Positive Touch
- Sensory development
- Behavioural states
- Tummy time
- Positions for play
- Infant massage
- Car seats
- Equipment for home
- Referral to community Occupational Therapy

There is never a silly question; please just ask.

Do I see an Occupational Therapist at home?

Occupational Therapists also aim to ensure a successful transition from hospital to home and community. In line with the NICE guidelines a premature baby can be referred to the community therapists for ongoing monitoring.

Contact details

Should you require further advice or information please contact the Occupational Therapist on 01772 524114 or email neontaltherapists@lthtr.nhs.uk

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਯਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے یل مدد یک ضرورت ہے تو یی چھپا یں ییہ ابی دست ہو یسکت ہے برا ے مہر یان ہو یی چھدی۔ معلومات

Arabic:

مطبوعه بأ ح ر ف ك ب ي ر ة و بلغات إذا كنت تر يد مساعده في فهم هذه لمعلومات ير جى أن تطلب أخرى يملكن تو فير هذه المعلوما ت

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