

## Referrals

If you have any questions or would like to refer your child, please contact your school division:

### **FORT LA BOSSE SCHOOL DIVISION**

Coordinator of Student Services

PT/OT

(204) 748-2692

### **PRAIRIE SPIRIT SCHOOL DIVISION**

Student Services Administrator

PT/OT

(204) 825-2721

### **SOUTHWEST HORIZON SCHOOL DIVISION**

Student Services Administrator

PT/OT

(204) 522-0870

### **TURTLE MOUNTAIN SCHOOL DIVISION**

Coordinator of Student Services

PT/OT

(204) 523-7531

# PROMISE Years

Occupational Therapy/Physiotherapy  
Program

For Pre-school and School Age Children



**A partnership of**

Assiniboine Regional Health Authority  
Child and Family Services of Western Manitoba  
Fort la Bosse School Division  
Manitoba Family Services and Housing  
Prairie Spirit School Division  
Southwest Horizon School Division  
Turtle Mountain School Division

## Occupational Therapy

The occupational therapist (OT) helps your child do the activities they need to do, want to do, or are expected to do. Activities (occupations), fall into 3 categories: self care, productivity and leisure. Self care includes eating, getting dressed and going to the toilet. Productivity includes printing/writing, doing homework and learning. Leisure includes interacting with peers, making friends and participating in extra-curricular activities. The ability to complete these activities is dependent on many underlying skills. The OT may assess your child's fine motor skills, sensory processing and attention. Suggestions and recommendations may be provided to parents/daycares/schools.

## Physiotherapy

The physiotherapist (PT) monitors the gross motor development of your child. This may include: strength, muscle tone, balance, range of motion, recreational skills (ball skills, early sport specific skills) and developmental milestones (sitting, rolling, crawling, standing, walking, running). The physiotherapist may also be involved if your child requires special equipment to help with positioning/mobility or to help develop gross motor skills. Suggestions/activities may be provided to parents, daycares, care providers or schools on positioning, range of motion exercises or mobility improvement.

## Goal

The goal of the PROMISE Years Occupational Therapy/Physiotherapy Program is to provide services to rural preschool and school-age children and their families within the community structure.

## Objectives

1. Identify children with delays in fine and gross motor skills.
2. Improve availability of PT/OT services for school-age and pre-school children.
3. To provide service to children in their community environment
4. To increase communication between parents/caregivers and the service provider.

## Signs to watch

- Does your child use both sides of their body equally?
- Does your child seem clumsy or off-balance?
- Does your child have difficulty doing up buttons/zippers?
- Does your child have trouble staying on task or seem distractible?
- If your child is over 18 months, is he/she walking?
- If your child is over 4, have they established a hand dominance and started to use a mature pencil grasp?