

Where we are based:

Seaside View Child Development Centre,
Brighton General Hospital,
Elm Grove,
Brighton BN2 3EW

The Seaside View Child Development
Centre reception number is
(01273) 265780
Occupational Therapy
(01273) 265806

Buses for Seaside View:
2, 21, 22, 22A, 37, 37B, 47, 84



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Translation? Tick this box and take to any council office.

- ترجمة؟ ضع علامة في المربع وخذها إلى مكتب البلدية. Arabic
- অনুবাদ? বক্সে টিক চিহ্ন দিয়ে কাউন্সিল অফিসে নিয়ে যান। Bengali
- 需要翻译? 请在这方格内加划, 并送回任何市议会的办事处。Cantonese
- ترجمه? لطفا این مربع را علامتگذاری نموده و آن را به هر یک از دفاتر شهرداری ارائه نمایید. Farsi
- Traduction? Veuillez cocher la case et apporter au council. French
- 需要翻译? 请在这方格内划勾, 并送回任何市议会的办事处。Mandarin
- Tłumaczenie? Zaznacz to okienko i zwróć do któregokolwiek biura samorządu lokalnego (council office). Polish
- Tradução? Coloque um visto na quadrícula e leve a uma qualquer repartição de poder local (council office). Portuguese
- Tercümesi için kareyi işaretleyiniz ve bir semt belediye bürosuna veriniz Turkish
- other (please state)

This can also be made available in large
print, Braille, or on CD or audio tape

Your Occupational Therapist is:

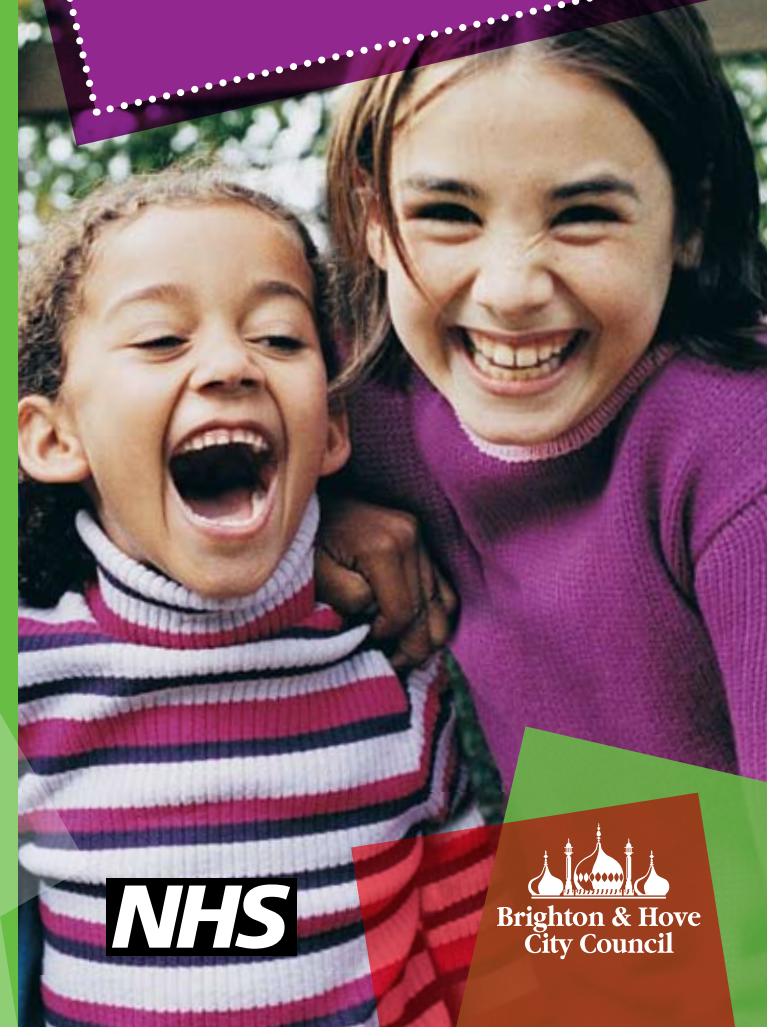
Phone number:

Other people we work with who
you may also have seen:

- Physiotherapist
- Speech and Language Therapist
- Doctor
- Your teacher and classroom assistant
- Social Care Occupational Therapists

Children's Occupational Therapy Service

Information
for Children



NHS


Brighton & Hove
City Council

What does a children's Occupational Therapist do?

We work with children who find it hard to use their hands and bodies to do all the things they want to do.

Sometimes we are called OTs (OT stands for occupational therapist)



How can we help you?

If you find it hard to do any of these things, we may be able to help you:

- Holding a pencil and writing
- Using a knife and fork
- Getting changed for PE
- Balancing, jumping or hopping
- Sitting still to concentrate
- Playing games with your friends
- Organising your school bag

Where will we see you?

- At Seaside View
- At school
- At home



What can you do?

- Join in
- Don't be afraid to ask for help
- Do the best you can
- Have fun

If we give you games or things to do, we would like you to do these at home and school as often as you can.

What will happen when you first visit your occupational therapist ?

You will play lots of different games with us. Here are just a few things that we do:

- Playing games with a ball
- Handwriting patterns
- Cutting out shapes
- Hopping and jumping
- Colouring
- Puzzles



What if you feel you are not very good at something?

Don't worry if you find something hard – just let us know and we will try and help you learn how to make it easy. All we ask is that you try your very best.

How often should you play the games you are given for home or school?

The more you practice the game the better you'll get. Ten minutes every day, would be great.

Make sure you have time to do the other things you like to do too.