

## Session Details:

**Session Length:** Sessions are typically 55 minutes in length, with 5 minutes built in for transitions. Time is also built in to each session to *Inform* family members, provide resources, education, and home programming.

**Focus Areas:** We specialize in supporting children in developing sensory processing and regulation, self-care skills, social-emotional growth, executive functioning, daily routines, self-control, and emotional regulation.

**How We Work:** Through occupational therapy, children practice skills that prepare them for present/future demands, including following expectations, flexible thinking, and complex problem-solving.

All skill-building occurs through play, a primary occupation of children. While sessions may appear to be only play, every activity is purposeful and designed to help your child practice new skills, explore, problem-solve, and construct knowledge.

Play provides opportunities for sensory, motor, social, and emotional growth. We support children through active therapeutic challenges in an alternative environment to promote development with self-advocacy, resilience, confidence, sustained task-endurance, management of behaviors, and the ability to meet daily expectations.

Occupational therapists view play as an essential tool for learning, development, and daily functioning. One that is inherently motivating for children.

We *Provide* exceptional care and support the transfer of skills to all environments with passion, positivity, and consistency.

We *Empower* each individual and family with the tools for success to build meaningful relationships and connections.

### Session Guidelines:

- Please arrive on time or up to 5-10 minutes early, as our schedule is carefully planned. If you will be late or need to cancel, please text or call within 24 hours if possible (608) 286-1171.
- Siblings should remain supervised and in the waiting area, unless specifically invited to participate.
- Consistency is key for growth and skill development. If you are unable to attend a session, we will work to reschedule for a more convenient time.
- Progress notes are completed every 6 months and will be provided to you at your request.
- Contact your occupational therapist via email prior to the session with any recent concerns or challenging situations so we can avoid discussing negative behaviors in front of your child.
- We value open communication and encourage you to share any questions or concerns regarding your child's participation in therapy.

Thank you,  
Building Great Kids Therapy Team



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