### Advice Line Children and Young People

# Grampian

## OCCUPATIONAL THERAPY

Paediatric Occupational Therapists work with children and young people who have difficulties impacting on everyday activities of daily life.





If you have questions or concerns about a young person contact us for advice on developing independence skills with:

#### **SELF-CARE**

For example dressing, washing, using the toilet, using cutlery

### PLAY & LEISURE

Playing with toys, playing outdoors, joining in sports and activities

#### **WORK**

Participating in nursery or school

The Advice line is available on Wednesday 2-4pm & Thursday 10am-12pm

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