

Pediatric Occupational Therapy in San Diego, CA [H1]

We Help Children Build Essential Life Skills [H2]

Pediatric occupational therapy may seem like a strange concept: “My child doesn’t have an occupation, why would they need occupational therapy?” But your child does have an occupation! Their job is to play, learn, grow, and develop.

At SmallTalk, we know that play is a child’s most important job. When a child has difficulty with everyday tasks like dressing, feeding, writing, or playing with friends, it can affect their confidence and independence. That’s where pediatric occupational therapy comes in.

Our therapists help children build the skills they need for success in everyday life. Whether your child needs help with fine motor skills, sensory regulation, or daily routines, we’re here to support their growth and help them shine!

Call Now

What Is Occupational Therapy? [H2]

Pediatric occupational therapy helps children develop the skills they need to do the things that "occupy" their daily lives. **Many times, this skill-building occurs naturally; but sometimes, support is needed to make progress and gains.**

Our **pediatric occupational therapists help children engage in everyday tasks and routines they need for the “job” of being a child.** Some of the areas we may focus on include **gross and fine motor skills, hand-eye coordination, feeding, self-care, behavior, attention, and play skills.**

Occupational therapy is personalized to each child’s needs and delivered in a playful, engaging way. Our therapists work with children to improve their ability to perform everyday activities through targeted strategies that match their strengths and interests. **We help children develop the skills they need to grow into high-functioning, independent adults.**

Who Can Benefit from Occupational Therapy? [H2]

Occupational therapy helps children who are struggling with everyday skills or sensory challenges. We work with children who experience:

- Difficulty with handwriting or fine motor skills
- Delays in self-care tasks like dressing, feeding, or hygiene
- Trouble with coordination or clumsiness
- Sensory sensitivities to sounds, tastes, lights, etc.
- Challenges with focus and attention
- Trouble transitioning between activities
- Delays in movement or body awareness skills
- Behavioral or emotional challenges

- Developmental delays or conditions such as autism, ADHD, or Down syndrome

If your child has a challenge not listed here, reach out! We may still be able to help.

What Does Occupational Therapy Look Like? [H2]

It looks like an amazingly fun play date! Our occupational therapists blend therapy goals into play and gently guide your child out of their comfort zone and into trying something new, which helps them to gain new skills.

Therapy could occur in our large gym with a climbing wall, swings, and slides, or a smaller sensory room, a therapy room with less stimuli, or even the kitchen! We use an integrative approach to therapy and manage our flexible room spaces to our client's needs.

Through these play-based experiences, our therapists help children develop strength, confidence, and independence while making sure they stay motivated and engaged in therapy.

What Can Your Child Learn in Occupational Therapy? [H2]

Occupational therapy can help your child grow in many important areas. Depending on your child's needs, they may work on:

- Fine motor skills like writing, cutting, or buttoning
- Gross motor skills like jumping, balancing, and coordination
- Sensory regulation and calming strategies
- Self-care tasks such as dressing, feeding, and hygiene
- Hand-eye coordination
- Improving focus, attention, and task completion
- Building routines and managing transitions
- Social play and peer interaction skills

What Our Families Are Saying [H2]

I can't praise them enough! [H3]

"My son has been attending occupational therapy here for a few months now and I can't praise them enough! His regular therapist, Elly, is absolutely wonderful. She works so well with him and is always communicating his progress, as well as teaching us what we can be doing at home to help. He's had a few fill in's with other therapists when she has been out and each one was as great as she was. Our experience has truly been fantastic. I highly recommend them." –Amanda

I adore this place and would highly recommend it [H3]

"My son had been going here for a large majority of the year and he loves it! He actually enjoys and looks forward to attending two times a week. He sees speech and occupational therapy he loves Mr. Thomas he's always excited to see him and "play" he's learned to self-regulate and Mr.

Thomas always makes my son feel like he's in control even when he's not, which is huge for him, and Ms. Chelsea is so kind so patient and really works with my son and understands his struggles. Overall I adore this place and would highly recommend it to anyone looking for these needs for their child.” –Barbara

I can't say thank you enough! [H3]

“My son has been going to Small Talk for the past two years and they have been absolutely amazing. My son was first evaluated in our school district and I found the experience to be cold and impersonal. That was not the case with small talk. The initial phone conversation was warm and inviting.

My son felt so comfortable he did not even realize that he was being evaluated. Both his speech and occupational therapist have been absolutely wonderful. They are kind, informative, and patient. It's because of their work he has a new confidence in kindergarten. I can't say thank you enough!” –Ayana

Why Choose SmallTalk? [H2]

When it comes to helping your child gain independence and confidence, you want a team that not only understands child development but truly connects with kids. That's exactly what you'll find at SmallTalk!

We help children throughout San Diego achieve their greatest potential. Our occupational therapists are committed to helping your child grow through playful, goal-oriented sessions. Whether we're working on motor coordination, sensory processing, or self-care routines, we make therapy meaningful and fun.

We also know that parent involvement is key. That's why we prioritize open communication and teamwork, so you always feel supported and involved in your child's progress.

About Us

How We Partner with Families [H2]

At SmallTalk, we believe that therapy works best when families are involved every step of the way. That's why we invite parents to be part of the process! We want you observing sessions, learning therapy techniques, and practicing new skills together with your child.

The more often a child can practice a skill like fastening buttons, taking turns, or staying calm during noisy environments, the more quickly they make meaningful progress. And there's nothing more rewarding than seeing your child achieve those milestones knowing you helped make it happen!

Every family is different, so we customize parent education to your needs with clear communication, helpful demonstrations, and a practical weekly focus to keep things going strong at home.

Frequently Asked Questions About Occupational Therapy [H2]

1. When should I be concerned about my child's occupational development? [H3]

If your child is having trouble with daily tasks like getting dressed, holding a pencil, staying focused, or handling different environments, you should reach out to our occupational therapists. Trust your instincts! If something feels off, we're here to help.

2. What happens during an occupational evaluation? [H3]

We start by getting to know your child through play, observation, and conversation. We assess their fine and gross motor skills, sensory processing, self-care abilities, and more. Then we create a personalized therapy plan that matches your child's needs and goals.

3. How long will my child need therapy? [H3]

Some children need short-term support, while others benefit from ongoing care. We continuously monitor progress and adjust our approach to keep your child moving forward.

Ready to Take the First Step? [H2]

If your child is struggling with daily tasks, now is the best time to reach out. Getting started early can make all the difference. The sooner we team up, the more support, confidence, and progress your child can gain through therapy.

Call us today at **(619) 647-6157** or fill out our contact form below to schedule your child's occupational therapy evaluation. Let's help your child build the skills they need to thrive, at home, at school, and everywhere in between.

[\[contact form\]](#)