

## 9 year old girl has difficulties with concentration and fine motor skills.



### Issue, Concern or Learning Difficulty

Difficulty getting ready for school – being at least 45 minutes late to school every day. Frequent meltdowns over hair being not perfectly done. Anxious nature and unable to speak in front of the class or ask for help.



### Demographics – Age, Gender, Family Structure

Nine year old girl living with parents and younger sibling. Both parents working, occasionally cared for by maternal grandmother.



### What the Therapist Found

Difficulty with planning and organization skills. Low self-esteem and lack of confidence.



### Types of Treatment

Initially attended weekly sessions for 4 months. Then fortnightly sessions for 2 months. Provided strategies for understanding emotions in self and others, self-regulation, modifying negative (red) thoughts into helpful (green) thoughts using “Fun Friends” training. Sensory diet. Turn taking and interactive games to develop organizational skills. Sensory motor activities to develop core strength and upright posture. Self-reflection encouraged to increase ability to cope with challenging situations.



### Outcome and Timeframe

By discharge, the child always reached school on time and started participating in dance and drama. She was elected for the student executive where she had to organize multiple activities with other children at school. She could also wear her hair in multiple ways without stress.

### Please Note

All treatment plans are tailored to the person's individual needs.



Kids Matters  
OCCUPATIONAL THERAPY

## Real Case Study

Therapist: **Medha Khadye**

### Relevant Treatments:

- Coping Skills
- Executive Function
- Resilience