

Dear Parent/Caregiver:

Re: School Based Rehabilitation Services – Universal Occupational Therapy Support (2025-2026)

KidsInclusive has provided Occupational Therapy (OT) services for decades within the school environment. Occupational Therapists are health professionals who work with children in many different settings and have expert understanding of fine motor (printing, cutting), gross motor (jumping, throwing), self-care (putting on coat, zippers, opening packages), and self-regulation (being able to control emotions and actions) development.

Research has shown that all students in the classroom may benefit from the strategies offered by an OT. KidsInclusive, in collaboration with your school board, has now fully implemented OT services rooted in the principles of Universal Design to all grades (at the secondary level, upon request by the school team).

Under this model, the OT and potentially an Occupational Therapy Assistant (OTA) under the supervision of an OT, will support the classroom teacher and school staff by providing activity ideas, trying different materials and tools, sharing resources, and offering strategies for students to participate in classroom activities and routines that address the types of development noted above. As part of this support, the OT may also observe the students in their classrooms, the gym, or playground. Examples of suggestions the OT may provide include: trial of different types of pencil grips and scissors, review of active seating (movement cushion, wobble stool) options, or introduction of exercises and movements to encourage postural control, to help the student learn in the classroom and participate throughout the school day. Teachers may share ideas with you that they are using in their classroom to help your child.

If, through this program, your child appears to need more help with their fine motor, gross motor, self-care, or self-regulation skills, the teacher and the OT assigned to the school will discuss whether your child would benefit from more direct support. If appropriate, the teacher will then speak with you about a referral to KidsInclusive's School Based Rehabilitation program and obtain consent.

If you have any concerns about your child's development or do not consent to your child participating in the OT offerings as noted above, please let your child's teacher know. Please note that KidsInclusive is part of Kingston Health Sciences Centre, which is a teaching facility. As such, learners may be accompanying the OT to their school visits. Please let us know if this is a concern for you.

If you have any questions about the OT service please call Lesley Clifford, System Navigator for the School Based Rehabilitation Services program at 613 544 3400 ext. 3314.

Sincerely,

Karen Forbes, PT | Manager
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Check out this QR Code or link for [The OT Classroom](#) for strategies and practice opportunities for use at home!