

Occupational Therapy Referral

What is an Occupational Therapy (OT)?

Occupational therapists work to provide support and education to address the new routines and skills you will learn when you become a parent. Therapists can teach you how to cope with new stress, use proper positioning for feeding and carrying your baby, and time management skills, and can provide direct skill teaching of breastfeeding support, and positioning techniques and teach you how to make your home more baby safe.

OTs may address:

- Coping skills
- Breastfeeding
- Prevention of injury
- Calming strategies for parents/newborns

Why can OT be helpful during pregnancy and postpartum and for your mental health?

- It has been shown that OT treatment has been successful in improving participation in activities and the well-being of individuals who experience mental health challenges (Ikiugu et al., 2017).
- OTs can address routines, habits, and roles in the family after delivery. It has been shown that routines allow mothers to report increased satisfaction (Graham et al., 2013; McAuliffe et al., 2019).
- A mother's self-esteem and parenting performance was improved after occupational therapy coaching (Reshmi et al., 2015).

Referral Information and Additional Resources

References

- <https://www.medicalnewstoday.com/articles/what-is-occupational-therapy#what-do-o-ts-do>
- Graham, F., Rodger, S., & Ziviani, J. (2013). Effectiveness of occupational performance coaching in improving children's and mothers' performance and mothers' self-competence. *American Journal of Occupational Therapy*, 67, 10–18. <http://dx.doi.org/10.5014/ajot.2013.004648>
- Ikiugu, M.N., Nissen, R.M., Bellar, C., Maassen, A., & Van Peurse, K. (2017). Clinical effectiveness of occupational therapy in mental health: A meta-analysis. *The American Journal of Occupational Therapy*, 71(5). <https://doi.org/10.5014/ajot.2017.024588>
- McAuliffe, T., Thomas, Y., Vaz, S., Falkmer, T., & Cordier, R. (2019). The experiences of mothers of children with autism spectrum disorder: Managing family routines and mothers' health and wellbeing. *Australian Journal of Occupational Therapy*, 66, 68-79. doi: 10.1111/1440-1630.12524
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