

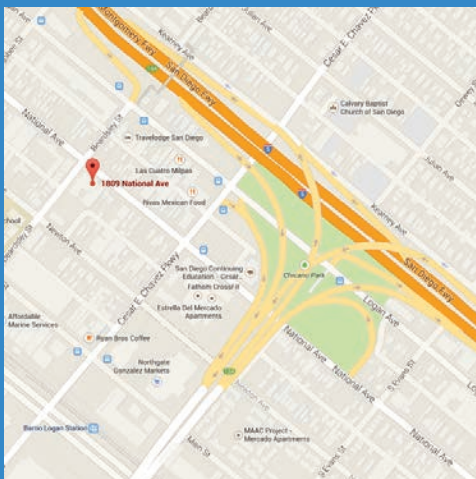
# Pediatric Developmental Services

For more information,  
please call:

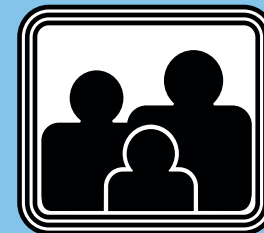


Family Health Centers of San Diego  
Pediatric Developmental Services  
**(619) 515-2515**

*Bilingual Services Available (English & Spanish)*



Family Health Centers of San Diego  
Pediatric Developmental Services  
1809 National Avenue  
San Diego CA 92113



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**

## Pediatric Developmental Services Occupational Therapy



Family Health Centers of San Diego  
Logan Heights  
1809 National Avenue  
San Diego CA 92113  
**(619) 515-2515**



# Family Health Centers of San Diego Occupational Therapy Services

## Pediatric Occupational Therapy

Services facilitate improvement of fine motor development and address sensory and feeding issues in children with special needs. A state-licensed occupational therapist provides children and their families information and support with:

- Development of fine motor and visual motor skills
- Feeding challenges, including oral motor limitations and sensory-based feeding issues
- Sensory processing
- Development of age-appropriate self-care skills
- Home activities to promote development
- Parental education in diagnosed disability
- Selection of appropriate toys
- Positioning



## Population Served:

Infants, toddlers, children and adolescents with:

- Identified disability or delay in development
- Injury affecting upper extremity or hand use
- Feeding difficulties



## Services Offered:

- Occupational therapy evaluations and treatment planning
- Individualized treatment sessions with specialized therapeutic approaches
- Outpatient clinic and in-home service options, depending on funding source
- Assisting with the referral for obtaining appropriate equipment
- Bilingual interdisciplinary team with physical therapists, speech/language pathologists, early interventionists, audiologists and psychologists/counselors

## Typical Fine Motor Milestones for 0-5 Years

- |              |   |
|--------------|---|
| 1 month      | • Tracks objects past midline, moves arms symmetrically   |
| 4 months     | • Brings hands to midline, grasps toys, emerging reaching skills                                      |
| 6 months     | • Grasps and reaches for objects, retains objects, transfer, objects, rakes objects with fingers      |
| 9 months     | • Takes objects out of container, releases objects voluntarily  |
| 11-12 months | • Uses neat pincer grasp, grasps crayon and makes strokes   |
| 18 months    | • Builds tower of 2-3 blocks, places 6 pegs and uses both hands in midline                            |
| 2 years      | • Imitates strokes, inserts three 1-inch beads and snips with scissors                                |
| 3 years      | • Uses scissors, holds pencil with thumb and finger, adult-like grasp, puts together simple puzzles   |
| 3-5 years    | • Completes a picture of a stick person, cuts out pictures, identifies objects through sense of touch |