



Pediatric Occupational Therapy Clinic

2855 N University Dr
Suite 530
Coral Springs,
FL 33065



WELCOME TO OTOGETHER

**Where every session is a step toward confidence
and independence.**

Why OTogether?

- Evidence-based techniques delivered in a warm, sensory-informed environment
- Licensed pediatric occupational therapists with decades of combined experience
- Individualized treatment plans that grow with your child
- Ongoing guidance and resources for parents and caregivers

Information Packet for Parents

OTogether

(954) 508-3430
www.otogether.org
office@otogether.org

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WHAT IS AN OT QUICK CHECK?

Our Quick Check is a strategic first step - an in-depth intake that sets the foundation for an evaluation and care plan built just for your child. No templates. No one-size-fits-all.

In this 30-minute parent-only session, you'll meet with one of our experienced occupational therapists for a structured clinical interview.

This clinical interview is a focused conversation with the therapist to discuss your concerns, priorities, and your child's developmental history

Based on the intake, we'll outline the rest of the evaluation process to ensure it is both meaningful and individualized.

Together, we'll gather the key information needed to design a personalized evaluation, shaped around your child's unique needs and goals.



Clinic-Based, Child-Centered Care

Our Coral Springs clinic is purpose-built to mirror the everyday challenges your child faces, from a sensory-rich facility to adaptable play and learning zones. By practicing new skills in this supportive setting, children gain the confidence to transfer them naturally into daily life.

Thorough Evaluation & Personalized Goals

Every journey begins with a comprehensive assessment of your child's strengths, challenges, and interests. You receive detailed information and a clear set of collaborative goals, so you always know what we're working toward - and why.

Family-Focused Communication

After each session, your therapist records successes, meaningful moments, and creations so you can celebrate progress at home and reinforce new skills between visits.

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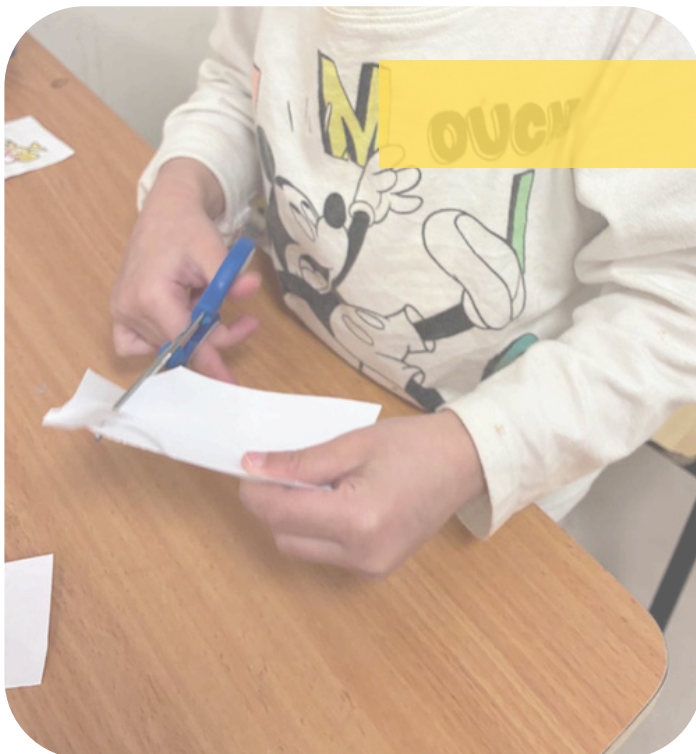
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1. FOUNDATIONAL BODY AWARENESS

Improving posture, body organization in space, reducing clumsiness, coordination, and bilateral integration.

Examples:

- Hopping on one foot
- Balance games
- Obstacle courses
- Hand-eye coordination activities - such as ball games, bead stringing, cutting, and pasting



2. FINE MOTOR SKILLS

Working on various grasps (pincer, spoon, pencil), developing hand dominance and preferred hand usage.

Examples:

- Picking up and sorting coins
- Opening/closing clips
- Manipulating small construction toys
- Threading small and large beads
- Drawing with fine-tip markers or brushes



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3. SCHOOL READINESS & ACADEMIC SKILLS

Practicing proper pencil grip, using environmental adaptations, coloring and drawing skills, handwriting readiness, and workspace organization.

Examples:

- Drawing geometric shapes
- Connecting dots
- Coloring within lines
- Organizing task sequences for cutting/pasting
- Working on lined boards



4. SENSORIMOTOR INTEGRATION

Combining motor and sensory skills, strength modulation, addressing hypersensitivity or under-responsiveness.

Examples:

- Push-pull resistance activities
- Exploring kinetic sand, dough, finger paints
- Writing with controlled pressure
- Using brushing protocols to reduce tactile sensitivity





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5. ATTENTION AND EXECUTIVE FUNCTIONS

Increasing attention span, task engagement, impulse control, visual support usage, and problem-solving.

Examples:

- Using visual schedules and checklists
- Using a timer for time management
- Practicing self-regulation and structured task switching



6. VISUAL PERCEPTION

Improving attention to detail, object constancy, mirror writing recognition, directionality, and systematic scanning.

Examples:

- Spot-the-difference games
- Figure-ground perception
- Shape matching
- Page-by-page visual search tasks
- Simple and complex visual mazes





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7. SOCIAL SKILLS

Understanding social roles, turn-taking, using AAC to express emotions, and resolving peer conflicts.

Examples:

- Cooperative group play
- Role play (e.g., store or doctor)
- Choosing a friend based on context
- Discussing emotions and social appropriateness



8. FRUSTRATION TOLERANCE & PROBLEM SOLVING



Building cognitive flexibility, structured problem-solving steps, and expanding coping strategies in challenging situations.

Examples:

- Using a step-by-step model - identifying the problem, generating solutions, identifying helpers
- Practicing emotional regulation, and responding adaptively when facing difficulty



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PARENT / CAREGIVER INVOLVEMENT

Parents / caregivers remain an active part of the therapeutic journey.

Therapists document each session in the child's 'Success Journal' - including notes, photos, or creations - enabling parents and caregivers to stay connected to progress and celebrate accomplishments.

In addition to the 'Success Journal,' parents and caregivers receive ongoing guidance and home-based activity suggestions.

The therapist remains available for consultation, and parents / caregivers are full partners in decision-making and progress review.





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YOUR CHILD PATHWAY OF CARE

1

OT Quick Check

30-Min Intake meeting

We'll listen to your goals and concerns - so we can pinpoint the right evaluation process for your child and make it more focused, relevant, and effective.

2

Comprehensive Evaluation

Two 45-Min evaluation sessions

Standardized testing and hands-on activities, to focus on your child's strengths, challenges, and therapy goals.

3

Personalized Therapy Plan

Within 1 week

Written report, goal list, and home-program outline. Gives you a clear roadmap and documents needed.

4

Weekly Therapy Sessions

45-Min each

One-on-one or small-group sessions in our sensory gym. Builds skills through evidence-based interventions and play.

5

Progress Reviews

Every 12 weeks

Re-check goals, adjust strategies, update home program. Keeps therapy focused, measurable, and family-aligned.

6

Graduation & Follow-Up

Discharge meeting, progress summary, booster-session option. Celebrates achievements and offers support for future milestones.



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MEET OUR TEAM



SHOSHI TAU

DIRECTOR & FOUNDER

With over 18 years of experience as an occupational therapist, Shoshi is blending personal insight with professional expertise, creating compassionate, inclusive programs that help children and families thrive.



YIFAT MARKOWITZ

OCCUPATIONAL THERAPIST

With experience in Israel and Texas, Yifat specializes in pediatric OT, group and individual care, autism support, assessments, and supervising therapists within multidisciplinary healthcare teams.



AVITAL OZ

OFFICE MANAGER

OTogether's warm and welcoming office manager, brings empathy, patience, and heartfelt care to every family. She ensures each family's journey begins with trust and support.

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