

Common Therapies

Sometimes children can benefit from therapy. There are several different types of therapy available to help kids develop skills. This is a list of some of the more commonly offered therapies and a short definition of each. This is not intended to be a definitive list of therapies/treatments available to children nor is it an endorsement of any one therapy over any other therapy. If you are considering therapy treatment for your child, it is important that you find the right therapist for your child. Your child's doctor may be able to refer you to a qualified therapist. Please note that it is important to verify insurance coverage with your child's insurance provider before starting therapy. Not all types of therapies offered to children are covered by insurance companies.



Occupational Therapy

Occupational Therapy focuses on helping people be as independent as possible. An occupational therapist can help children improve their skills for play, performing school activities, integrating sensory information, and learning to do daily activities such as: dressing, bathing, eating and other age appropriate activities. Therapists can also help children with sensory, social or emotional factors that may be affecting their focus and social skills.

Physical Therapy

Physical Therapy focuses on helping people build strength, improve movement, and prevent injury. Physical therapists help children to gain strength and improve range of motion and safely move about. They may help a child develop skills to: crawl, walk, or improve balance and coordination skills.



Social Emotional & Behavioral Health Therapy

Social Emotional & Behavioral Health Therapy provides families, caregivers, and others with positive ways to set and enforce rules, use discipline effectively, and encourage good behavior. Therapists encourage children to try new behaviors and develop positive ways of dealing with negative emotions.

Speech-Language Therapy

This therapy helps children who have difficulty with speech and language skills. If a child needs help with speech, he/she may be having trouble with the "how to" of talking, for example making certain letter sounds. A child who is having trouble with language may be struggling with understanding what he/she hears or reads. Speech Language Pathologists also work with children who may have: hearing loss, weak tongue and lip muscles, or trouble chewing food and/or swallowing.



Additional Supports for Children



Applied Behavior Analysis also known as ABA

ABA therapy uses a set of principles that work on increasing useful or desired behaviors and reducing behaviors that may be harmful or getting in the way of the learning process.

Aquatic Therapy

Aquatic therapy uses water to help children make the most of their abilities on land. Aquatic therapy can improve a child's coordination, balance, ability to move, body awareness, and can reduce pain.





Art Therapy

Art therapy uses arts and crafts supplies to provide children with an easier way to express their feelings and emotions. For example young children may be more comfortable expressing themselves by drawing.

Hippotherapy also known as “Equine Therapy” or “Horse Riding Therapy”

Hippotherapy is a physical, occupational or speech-language therapy treatment that uses the movement of a horse to provide therapy. This therapy is performed in a controlled setting by a therapist or therapy assistant who can adjust the horse’s movements to provide the child a good rhythmic and repetitive movement. This therapy can improve posture, balance, coordination and movement skills.



Music/ Movement Therapy

Music therapists use music to help children “find their voice,” learn social skills, improve large and fine motor skills, and improve speech and language skills.

Pet Therapy, also known as “Animal-Assisted Therapy”

Pet Therapy uses specially trained animals as a form of treatment. The goal of this therapy is to use the bond of humans and animals to help children learn a variety of social and emotional skills.



Play Therapy

A play therapist uses play to help children express their feelings, develop social skills, and build self -esteem. Therapists use the child’s preferred type of play to help the child make meaning out of play and eventually learn communication and social skills.

Recreation Therapy

Recreation therapists help children make good use of their leisure time. They plan activities and teach skills that help children grow and develop independence. Some examples of activities are: adaptive swimming, adaptive bike riding, adaptive wall climbing, or learning a hobby.



Vision Therapy

Overseen by a trained optometrist (sometimes called a "developmental optometrist"), vision therapy employs exercises to improve eye movement control, focusing control, and eye coordination. Vision Therapy is different from vision education, which uses adapted materials and teaching techniques to help children maximize the use of their vision.