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8 REASONS I LOVE BEING
AN OCCUPATIONAL
THERAPIST AT REACH

NEWSLETTER

APRIL, 2019

8 REASONS I LOVE BEING AN OCCUPATIONAL THERAPIST AT REACH

The month of April is celebrated in so many different ways, it's the Autism awareness Month, the World Occupational therapy Month, as well as our center's birthday month. This year we celebrated the 8th anniversary of Reach Therapy Center for Children. All of us have been extremely blessed and thankful to be Occupational Therapists working at REACH.

This month, I want to pen down my thoughts about the 8 reasons why I love being an Occupational Therapist at Reach Therapy Center for Children!

#1 Occupational Therapy is where science, creativity and compassion collide:

If you have a mind of a scientist and flair for art, OT is the profession for you. I'm a proud creative-geek, a super fun-nerd and sometimes a quirky-inventor. The best part is that my profession and workplace encourages me to be the same.

Working with my kids gives me a number of opportunities to bring my best foot forward. Everyday at REACH is full of excitement that keeps me on my toes. I get to use my neuroscience knowledge, blend it with some amusing games and top it with all the love for my kids to have a fun filled day.

#2 I get to add the fun in functional training:

As an OT I have been trained to utilize my clients interests therapeutically, to help them be independent in performing their activities of daily living and rehabilitate them into the society. Every time I'm asked to explain what I do, my



spontaneous reply is, "I help my kids achieve the maximum level of functional independence at home, school and in the playground." At therapy, my aim is to help my kids learn life skills that they can utilize to strive in the outside world.

At REACH, I use fun games and strategies to teach them these functional activities, helping them grow up to become independent and confident individuals.

#3 My day at work looks like no work, all play!

Work is a lot of fun, because I'm practically playing at work! As a pediatric Occupational Therapist I get to be a child all over again with my kids. My sessions look playful, with lots of jumping, swinging, crashing and board games. But there is therapeutic value in every game

I pick to play with my child. Having said that, it is still loads of fun because after all we are playing around together to achieve our goals.

All my colleagues will vouch for it when I say that we have the best resources available, multiple equipments and games that help us provide the best quality of care and safety for our kids, whilst making it a fun learning experience for everybody.

#4 I am a class A cheerleader:

The first thing I learnt about being a pediatric Occupational Therapist is that even tiny things are reason for big celebrations. Praise and motivation takes everyone a long way! Its extremely rewarding to see that spark in my child's eye when I tell him how super strong and brave he is to climb up to the top of the ladder, or to see my kid's face light up when I tell her how beautifully she has painted that car. Just seeing them try harder because of my motivating words makes me an extremely positive individual looking forward to appreciate little things in life.

#5 My profession has molded me into a proficient personnel today

Everyday at work gives me opportunities to personally interact with my wonderful colleagues, my kids, their parents and other professionals. I have also had the chance to conduct various presentations for professional and parent training workshops and write monthly newsletters. Doing so has gone a long way in helping me solidify everything I know, I have learnt and I believe in!

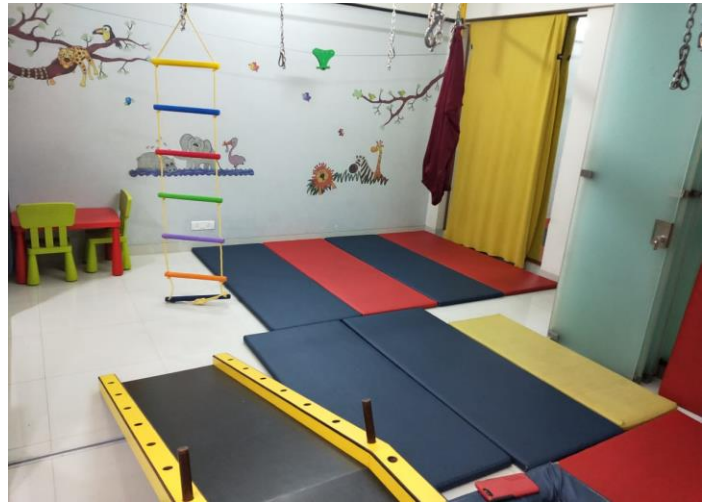
REACH has molded me in to the confident person and professional I am today. Teaching exceptional personal skills, communication skills, problem solving abilities and teamwork, writing skills, organization skills, and physical strength. It has also taught me to be thankful, compassionate, empathetic, helpful, patient, mindful and observant.

#6 I'm a better version of myself everyday

As occupational therapist we have to constantly update our skill set and broaden our knowledge base to utilize the latest techniques and approaches in therapy. Lucky for me, my workplace values the importance of teaching, learning and training. Everyday at REACH is a new day of learning and growing. I learn from my mentor, I learn from my colleagues and I also learn from my kids. The supportive and nurturing environment here, keeps me motivated to refine my skills as a professional and person to make myself a better version of me everyday.

#7 Diversity and inclusion:

One thing that has been ingrained in me is the belief of strength in diversion and inclusion. It has made me have a stronger voice of self to advocate for and empower my kids and their families.



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My knowledge and skill set that I've acquired helps me accept the differences in every individual and promote their inclusion within the community.

At REACH I work with a range of neurodiverse children, hold various awareness programs, and professional and/or parent training workshops to encourage acceptance, and empower our children and their families.

#8 Holistic approach:

I have been trained to look at a individual as a whole. Consider all the physical, mental, emotional, and environmental factors that impede functioning. It hence gives me an overall outlook of all the things interfering with functional participation. Using this holistic approach at REACH ensures that I don't miss out on any aspect of my child's life while I'm setting functional SMART goals for them. Aiding me to achieve my aim to help the child function optimally in all the settings i.e. home, school, playground and other social settings.

I can say this on behalf of all Occupational Therapist's that we truly feel awesome to be able to touch so many lives and make a difference to them each day, everyday. On the 8th birthday of our center, I chose 8 reasons why I love being an Occupational Therapist at REACH, but my list can go on. In my opinion, it is a brilliant profession, and REACH just makes practicing it so much more fun and easy. Also, it is like a cherry on the cake to work with a team consisting of a bunch of enthusiasts who strongly believe in the work that they do, and always run the extra mile to make this world a better place for all our children and their families.



For any question or concerns regarding the newsletter please write to us on: reachtfc@gmail.com

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