

<https://cavuhb.nhs.wales/our-services/children-young-people-family-health-services-cypf/complex-needs-and-disability/occupational-therapy-for-children-young-people/>

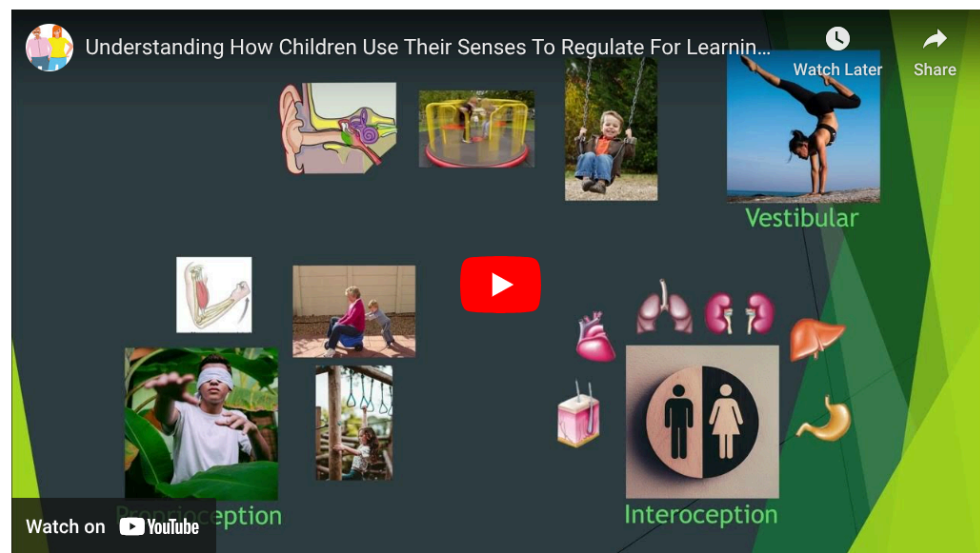
This 31-minute video gives a helpful overview of how children develop new skills and techniques to help you support your child in this way.



The Occupational Therapist Team from Cardiff and Vale University Health Board have developed several resources you can access including videos exploring key aspects of Occupational Therapy for children and young people

https://youtu.be/vo_vqwm_wcc

This 34-minute video is an explanation of sensory processing, the role it plays and how to help a child with sensory processing difficulties.



<https://youtu.be/8TxUAJQMZZ4>

Guidance on requesting assistance from Occupational Therapy for your child:

<https://keepingmewell.com/childrens-support-services/occupational-therapy-for-children-and-young-people/request-for-assistance-from-occupational-therapy-for-children-and-young-people-2/>