

OT & Behaviour Therapy Working Together

The Classroom of Life: Across Disciplines

Every skill sits on a 30cm ruler

0cm = where we start · 30cm = the end goal



Steps can be 5cm, 1cm or 1mm. Celebrate each one – and don't jump to step 28 without the steps before it.

5 Practical Take-Home Tips

1

Identify and accept the baseline

Where are we starting on the ruler? Begin from what the person can do today.

2

Choose one small component skill

Practise it daily – around 15 minutes. Small and consistent beats big and occasional.

3

Make the environment do the work

Use visuals, routines and set-up so the skill is easier to practise.

4

Track steps, not perfection

Celebrate 1mm of progress – every step on the ruler counts.

5

Align the adults

Home, school and supports working the same way, so the skill generalises.

The Therapy Triangle

Skill growth needs all three sides:

Therapy sessions · Parents & caregivers (carryover) ·

Environment (home and school consistency).

If one side is missing, progress slows.

Remember

Build a step, then solidify it. Falling back is normal – solidifying means you fall back less far.

Therapy teaches a new language. Progress depends on practice at home and school.

My plan

Our starting point (baseline): _____

One small skill to practise daily: _____

Who needs to be on the same page: _____