

Different Therapies That Help In Children's Development



Physical therapy

It helps children build strength, flexibility, balance, and coordination. It enables them to develop gross motor skills.



Occupational therapy



It helps children develop fine motor skills, such as holding a pencil or tying shoelaces.



Speech therapy

It helps children develop age-appropriate communication skills. Children are gradually able to frame sentences.



Behavioral therapy



It helps children overcome their anxiety and other challenges. It improves their social interaction with peers and other people.

Play therapy

It provides children with a therapeutic environment and supports them in expressing their emotions through play, such as puppets, drawing, and clay modeling.



References

1. Therapy for Older Children with Developmental Delays; NYU Langone Health
2. What is Play Therapy?; Play Therapy