

West Lothian Children and  
Young People's  
Occupational Therapy  
Service  
Phone Advice line (for  
parents, carers,



Occupational Therapists help children and young people to carry out activities (occupations) they need, want or are expected to do, but are unable to do so. These activities include things like self-care, education, play/leisure.

Do you have any concerns or questions about a child/ young person's abilities to complete daily activities...

- Struggles with zips, buttons and laces?
- Handwriting is difficult?
- Can't yet ride a bike or balance on a scooter?
- Poor fine motor skills? Can't use cutlery?
- Can't sit still to complete a task?
- Struggles to be organised?
- Dislikes loud noises or puts everything in the mouth?

Call our advice line for a 10 minute conversation with an Occupational Therapist.

Our scheduled phone line will take place on:  
Thursday 14<sup>th</sup> March between 2pm-4pm  
Thursday 28<sup>th</sup> March between 2pm-4pm

Please phone 01506 524134 (you can leave a message on our answer machine with a brief message and your contact number)