An easy, fun way to develop activity profiles for young clients

Enabling Occupation in Children: The Cognitive Orientation to daily Occupational Performance (CO-OP) Approach allows practitioners and parents to understand children's performance problems. CO-OP is an exciting new approach to help children master the tasks they want to, do, need to do, or are expected to do. These tools were developed for children who experience difficulty with performing motor-based skills — those who can't master new skills as quickly and easily as their peers. CO-OP offers an applied approach, so reading it alone will not be enough — practitioners and parents will need to practise its application and see it in action!

The book exposes therapists to cognitive and motor learning theories and uses case descriptions to help them conduct dynamic analysis of children with performance difficulties. Through focusing on client-centred cognitive strategies to increase motor competence, intervention shifts from a traditional components-based assessment to a performance-based one and from remediation to guided discovery.

CO-OP is founded on the philosophy that “kids need to succeed”: healthy development requires a child to participate successfully in various occupations. It has been shown that children who are competent in motor activity during early childhood will fare better in school, and participation in physical activity is key in children's ability to feel as though they fit in with their peers. Children who don’t acquire important skills like tying their shoes, writing or riding a bike can be deeply affected. By uniting current research on motor performance and strategy use, CO-OP supports the mastery of critical motor-based skills using an individualized, client-centred approach. Therapists who use the CO-OP approach guide children in achieving their chosen goals and learning new skills quickly and easily. Teachers should also benefit from using CO-OP in a classroom setting with children experiencing difficulties with specific skills. Parents can also be taught to master the CO-OP approach and use it successfully with their children. The accompanying CD-ROM makes using the CO-OP tools easy!

Overview

Clientele Age: 4 and up
Clientele Diagnoses: Children who have performance issues, especially mild to moderate motor planning difficulties and/or learning difficulties (such as Developmental Coordination Disorder).
Publication Date: 2004

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