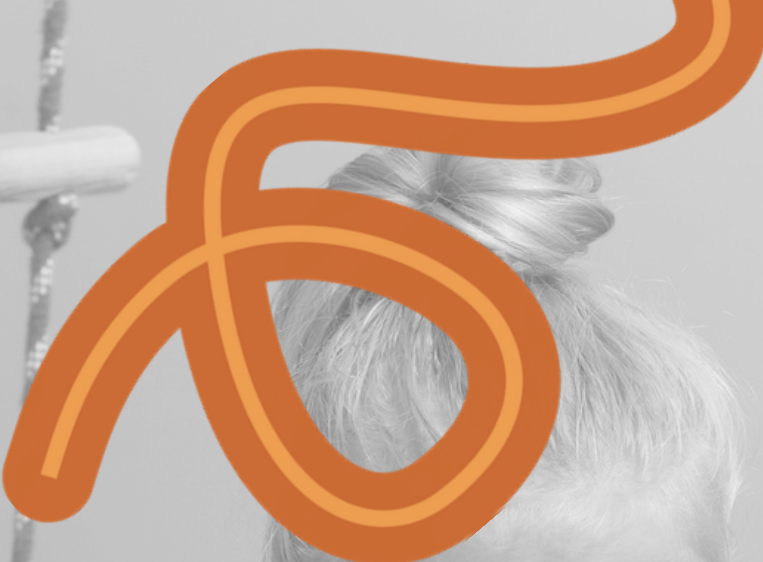
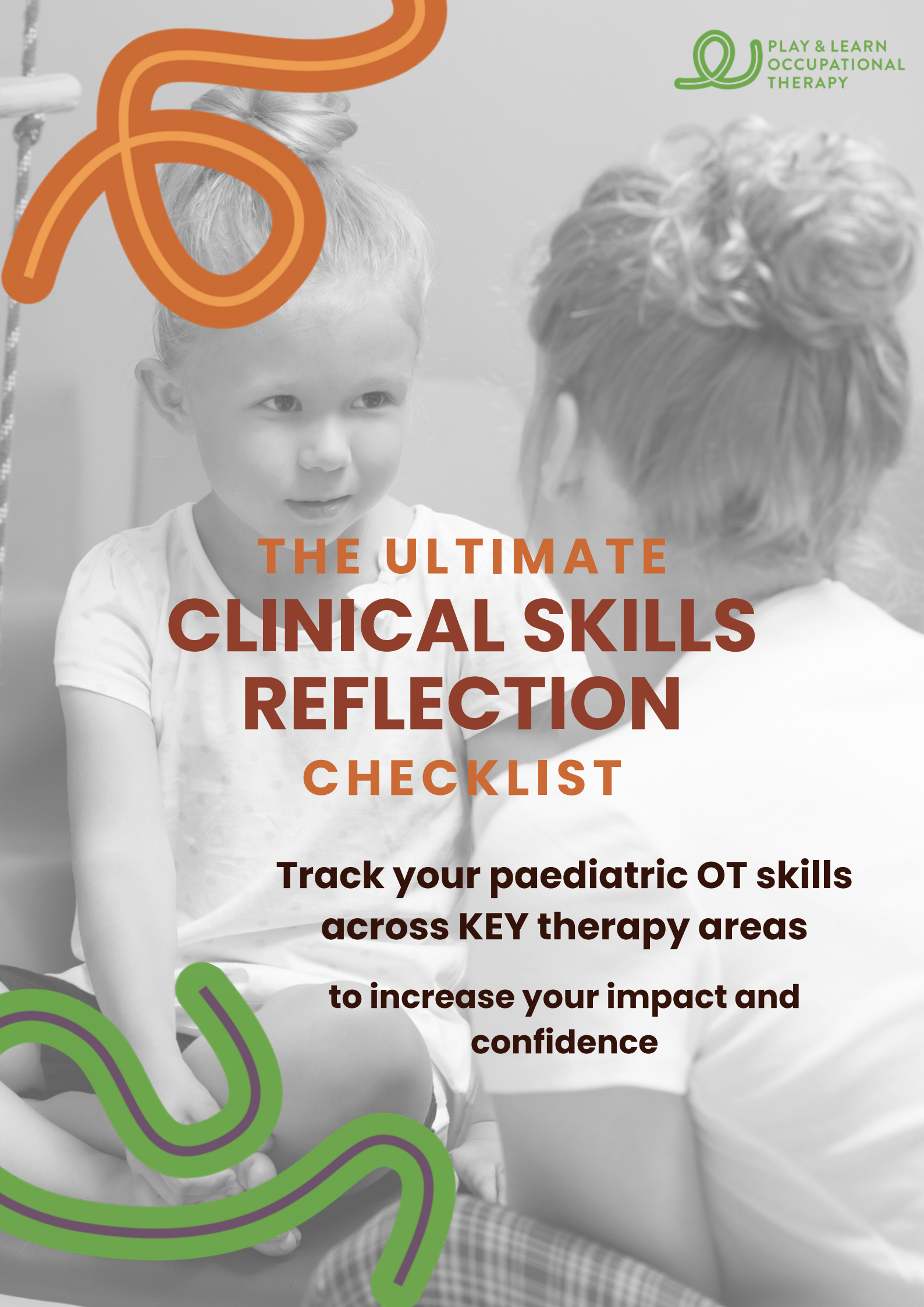




THE ULTIMATE CLINICAL SKILLS REFLECTION CHECKLIST

**Track your paediatric OT skills
across KEY therapy areas
to increase your impact and
confidence**



Welcome!

I'm Rachel – founder and principal OT at Play & Learn OT.

I've been working as a paediatric occupational therapist for over 30 years, and my passion is supporting children and their families to flourish.

... for children and families to flourish, we need clinicians to flourish too!.



As a paediatric occupational therapist, navigating the multitude of skill areas to develop expertise in can feel overwhelming at times.

This reflection tool serves as a guide, designed to highlight key areas that paediatric OTs typically focus on.

It acts as a checkpoint, prompting you to consider whether you're considering all the essential elements involved in supporting skill development or if there are any aspects that might require additional refinement (or new learning).



What's covered in this guide?

- 1 Therapeutic use of self
- 2 Relationship building
- 3 Collaboration / team approach
- 4 Emotional regulation
- 5 Sensory regulation
- 6 Sleep
- 7 Toileting
- 8 Dressing
- 9 Mealtimes
- 10 Play



Why we need to reflect on our skill areas:

When we don't reflect on our skill areas as a paediatric OT, a few things can happen and likely you can identify with some of these yourself.

- We focus on the wrong skills and are more weighted in one area than another
- We aren't feeling like our therapy is creating the impact we want
- We miss key components, perhaps even the foundations, which means that our supports are not as effective
- We struggle to prioritise what we want/need to learn next
- We feel easily overwhelmed, particularly with complex clients

How to use this checklist:

Each page presents a key area for skill knowledge as OT in paediatrics. This has been developed from my extensive experience and knowledge in my career so far.

To complete the checklist, follow these three steps:

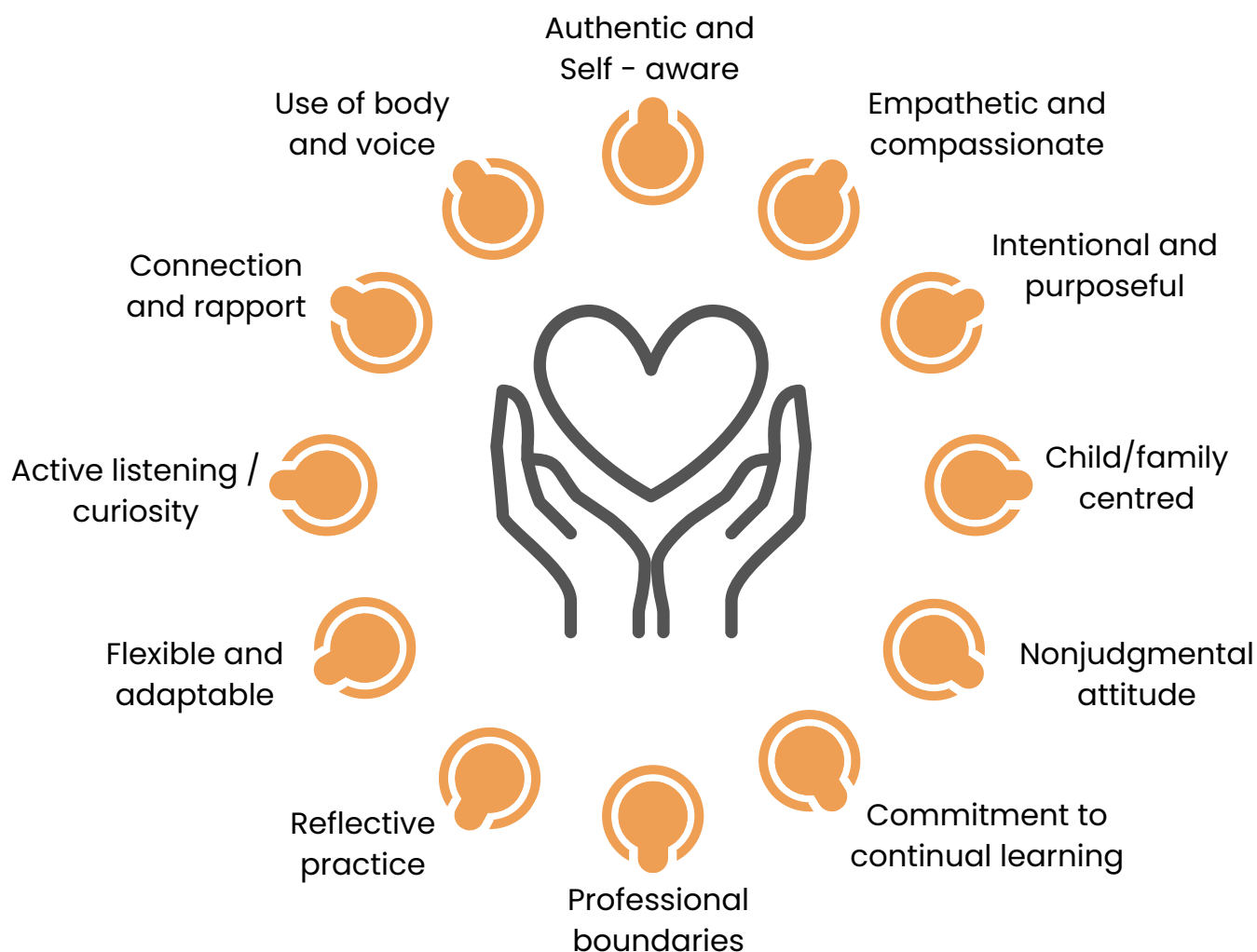
- 1** Look at the model for each key area on each page. Reflect on the components and skills that you already have, and those that might still be developing.
- 2** You will find a rating scale at the bottom of each page. Rate your skills for that key area as you go.
- 3** At the end, create a list of areas from the checklist that you feel would be your main priority to develop more skills in. Try to focus in on the top 5 areas.



THERAPEUTIC USE OF SELF

Our ability to use our own selves to create relationship and engagement with child/family

Have you considered all of these elements?



Choose which statement is best suited to you...

Starting: I'm not really aware of what I don't know yet

Growing: I know I have some learning to do in this area

Intentional: I know what I need to do, but I need to really focus to do it well

Mastery: It's become a routine part of my practice

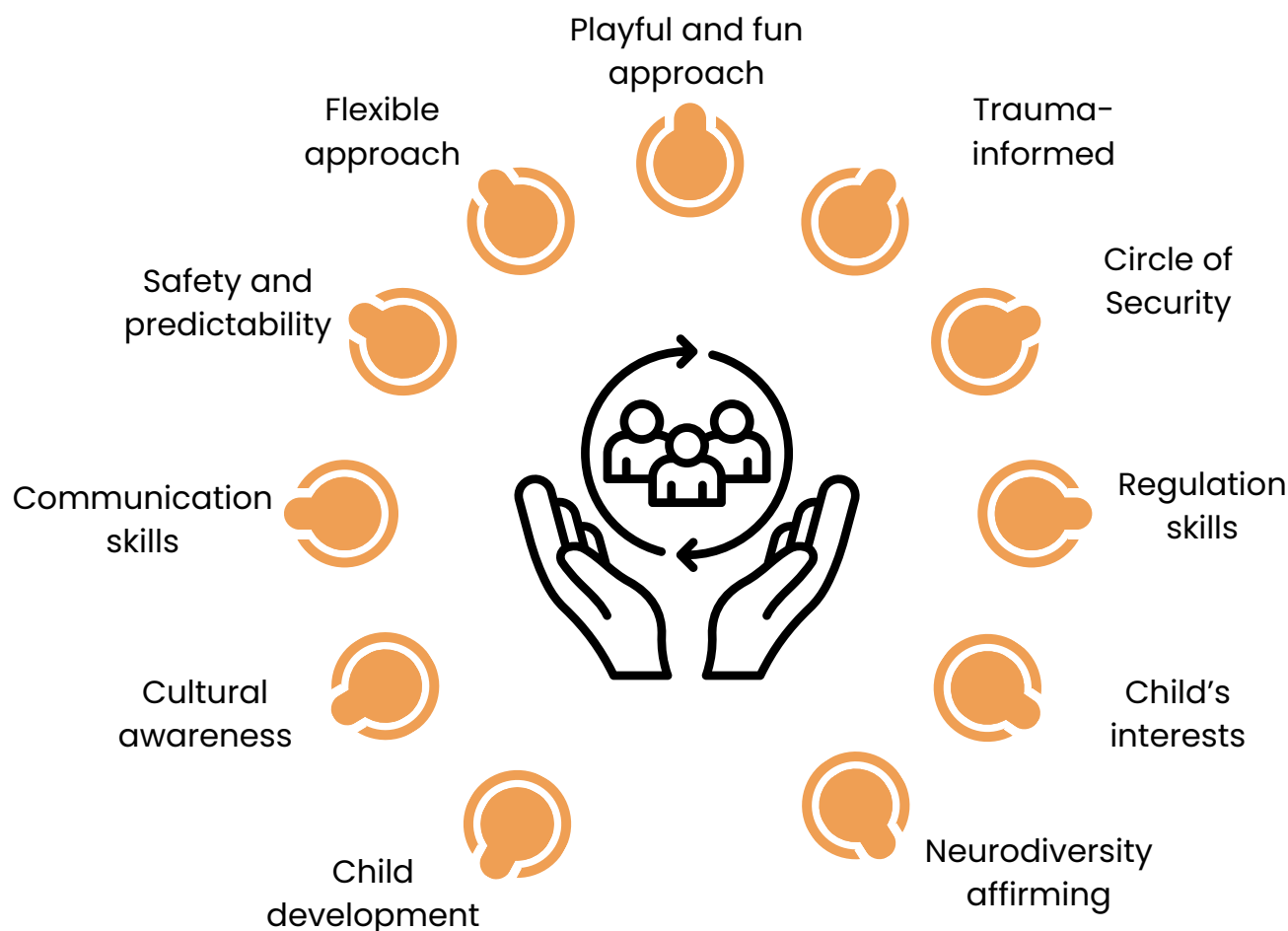


RELATIONSHIP BUILDING

with clients (and care givers)

Our ability to connect and engage with child/family

Have you considered all of these elements?



Choose which statement is best suited to you...

Starting: I'm not really aware of what I don't know yet

Growing: I know I have some learning to do in this area

Intentional: I know what I need to do, but I need to really focus to do it well

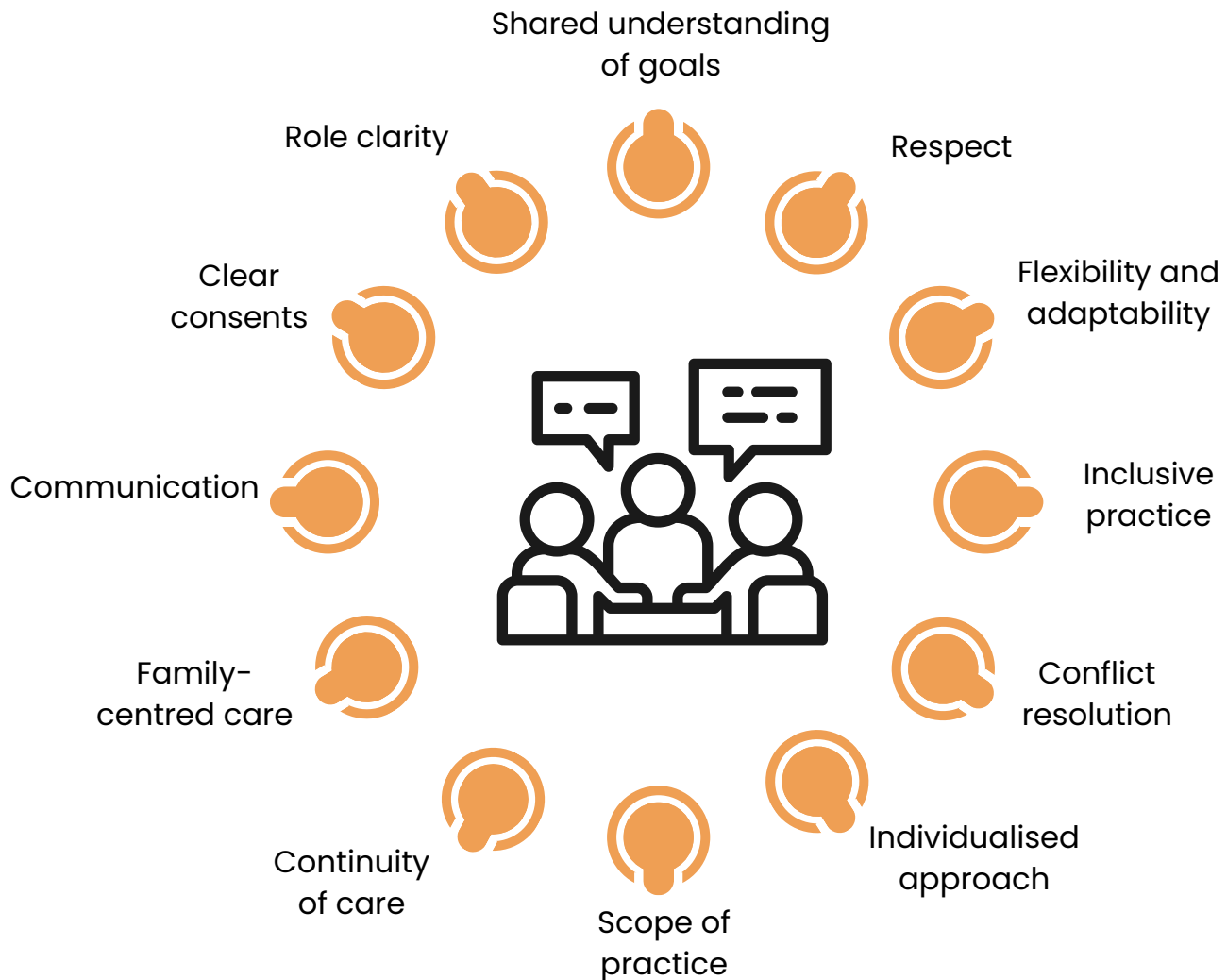
Mastery: It's become a routine part of my practice



COLLABORATION / TEAM APPROACH

Our ability to connect and work together with the key people in a child's life

Have you considered all of these elements?



Choose which statement is best suited to you...

Starting: I'm not really aware of what I don't know yet

Growing: I know I have some learning to do in this area

Intentional: I know what I need to do, but I need to really focus to do it well

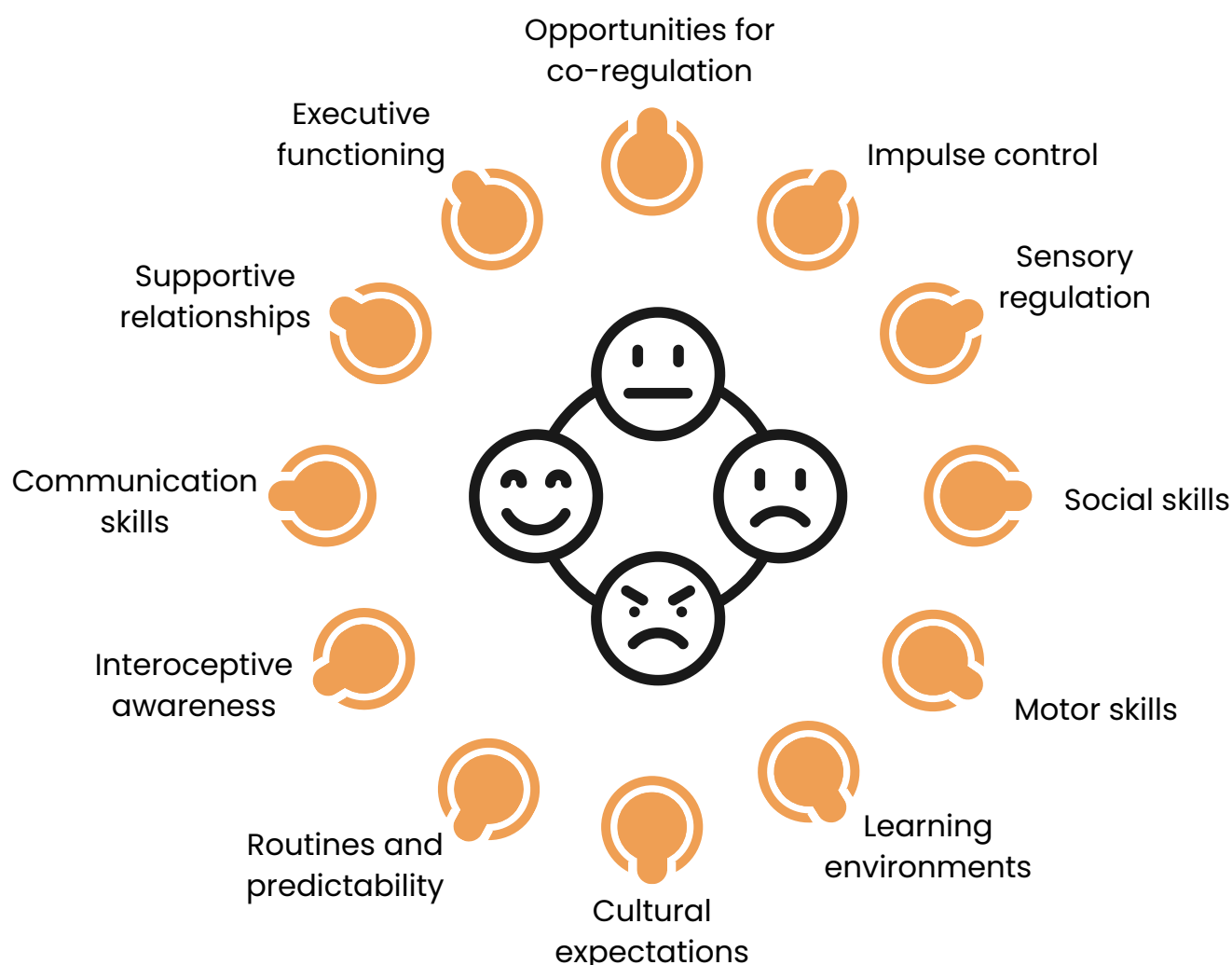
Mastery: It's become a routine part of my practice



EMOTIONAL REGULATION

Our ability to manage our thoughts, emotions and behaviours

Have you considered all of these elements?



Choose which statement is best suited to you...

Starting: I'm not really aware of what I don't know yet

Growing: I know I have some learning to do in this area

Intentional: I know what I need to do, but I need to really focus to do it well

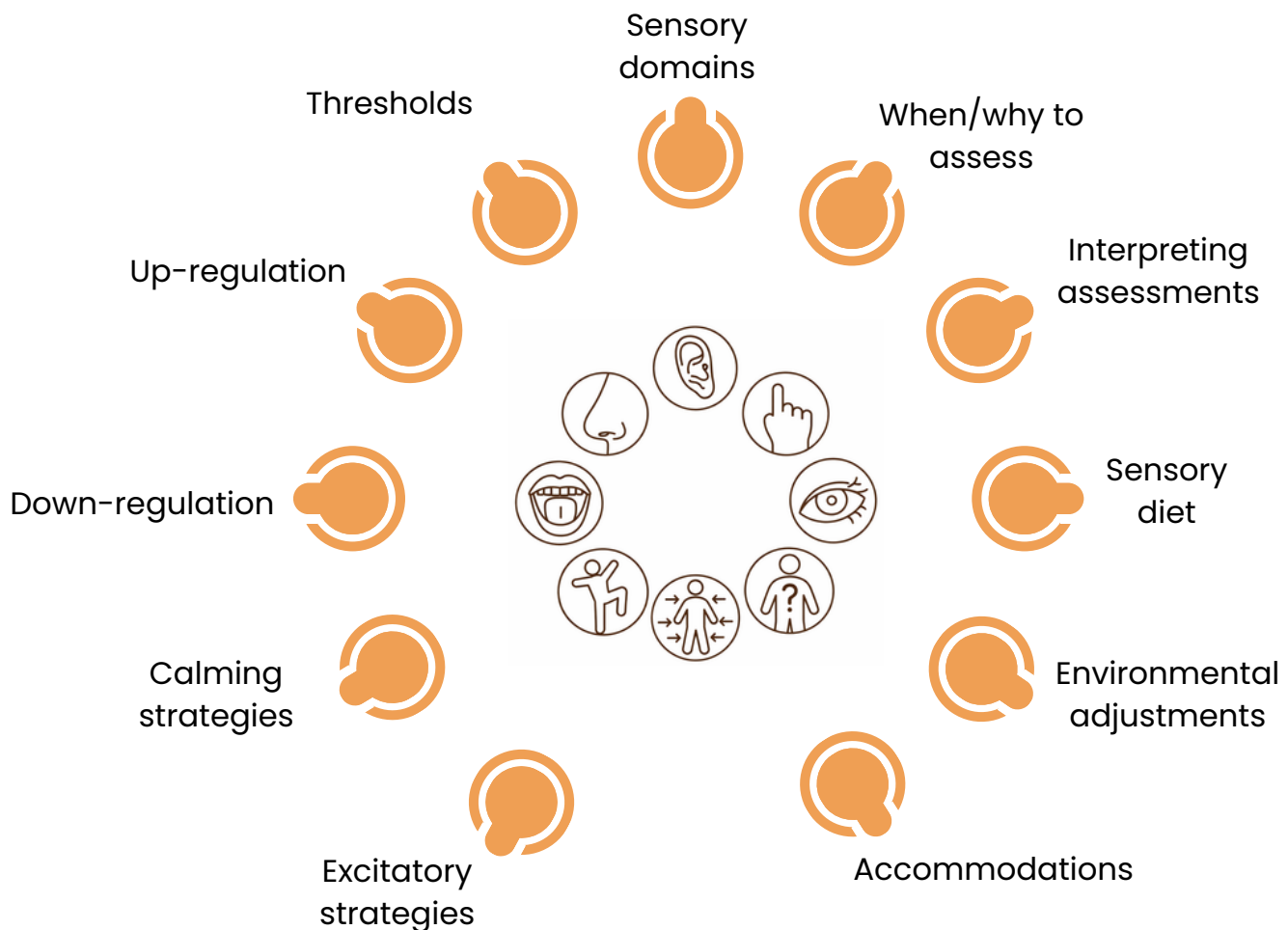
Mastery: It's become a routine part of my practice



SENSORY REGULATION

Our ability to register and process sensory input

Have you considered all of these elements?



Choose which statement is best suited to you...

Starting: I'm not really aware of what I don't know yet

Growing: I know I have some learning to do in this area

Intentional: I know what I need to do, but I need to really focus to do it well

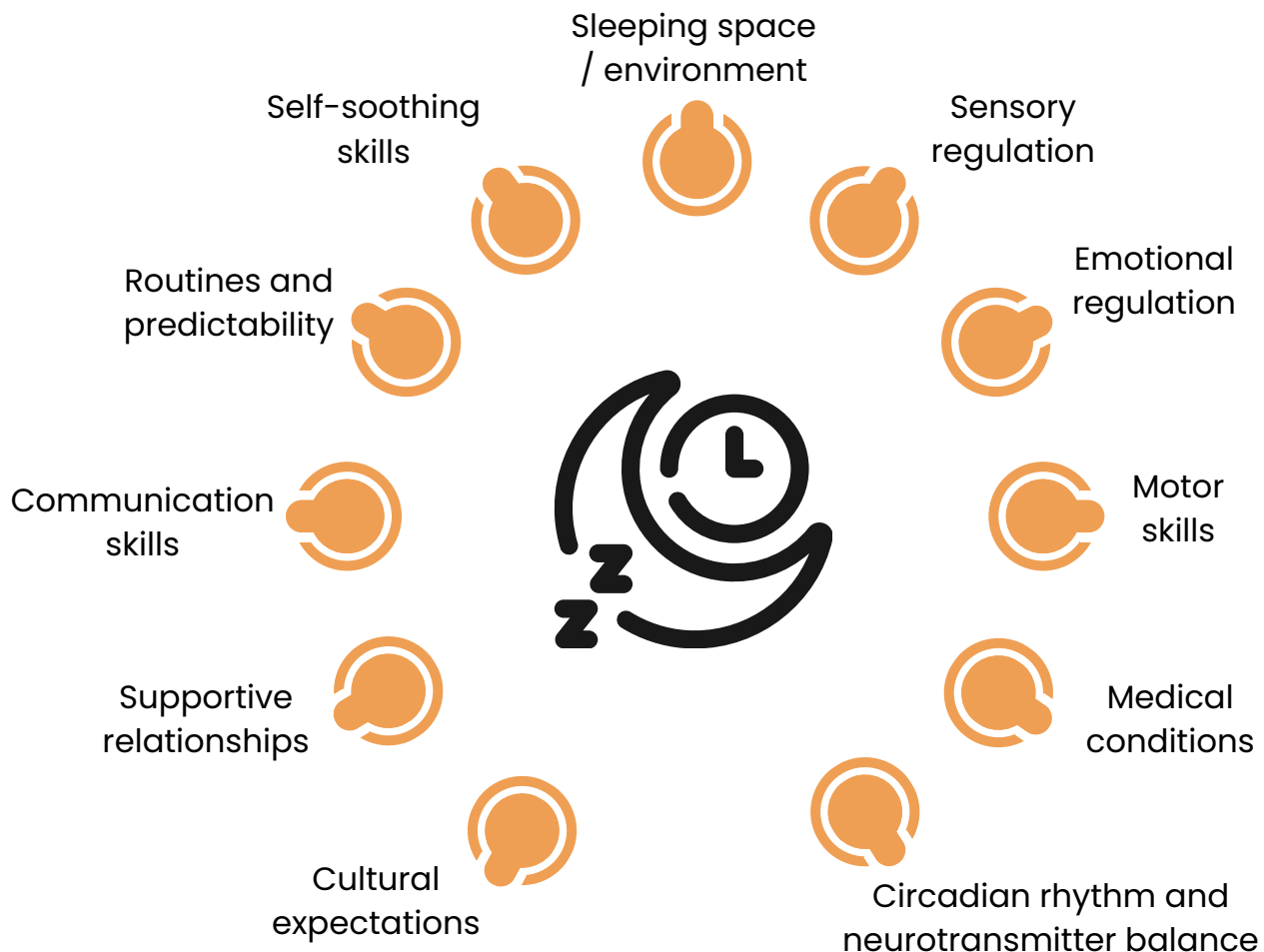
Mastery: It's become a routine part of my practice



SLEEP

Our ability to settle and stay asleep, including self-settling

Have you considered all of these elements?



Choose which statement is best suited to you...

Starting: I'm not really aware of what I don't know yet

Growing: I know I have some learning to do in this area

Intentional: I know what I need to do, but I need to really focus to do it well

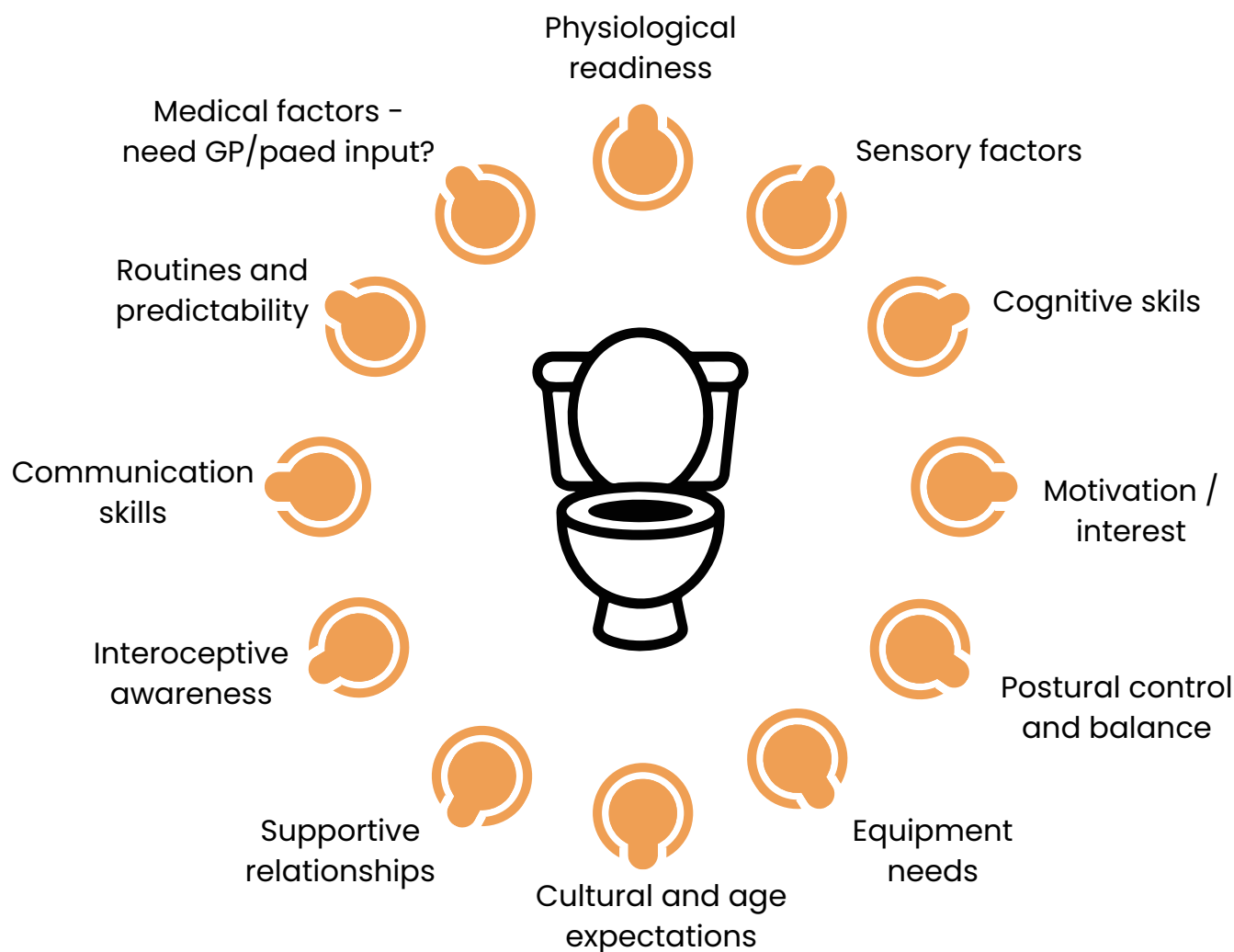
Mastery: It's become a routine part of my practice



TOILETING

Our ability to independently recognise and manage bladder and bowel functions

Have you considered all of these elements?



Choose which statement is best suited to you...

Starting: I'm not really aware of what I don't know yet

Growing: I know I have some learning to do in this area

Intentional: I know what I need to do, but I need to really focus to do it well

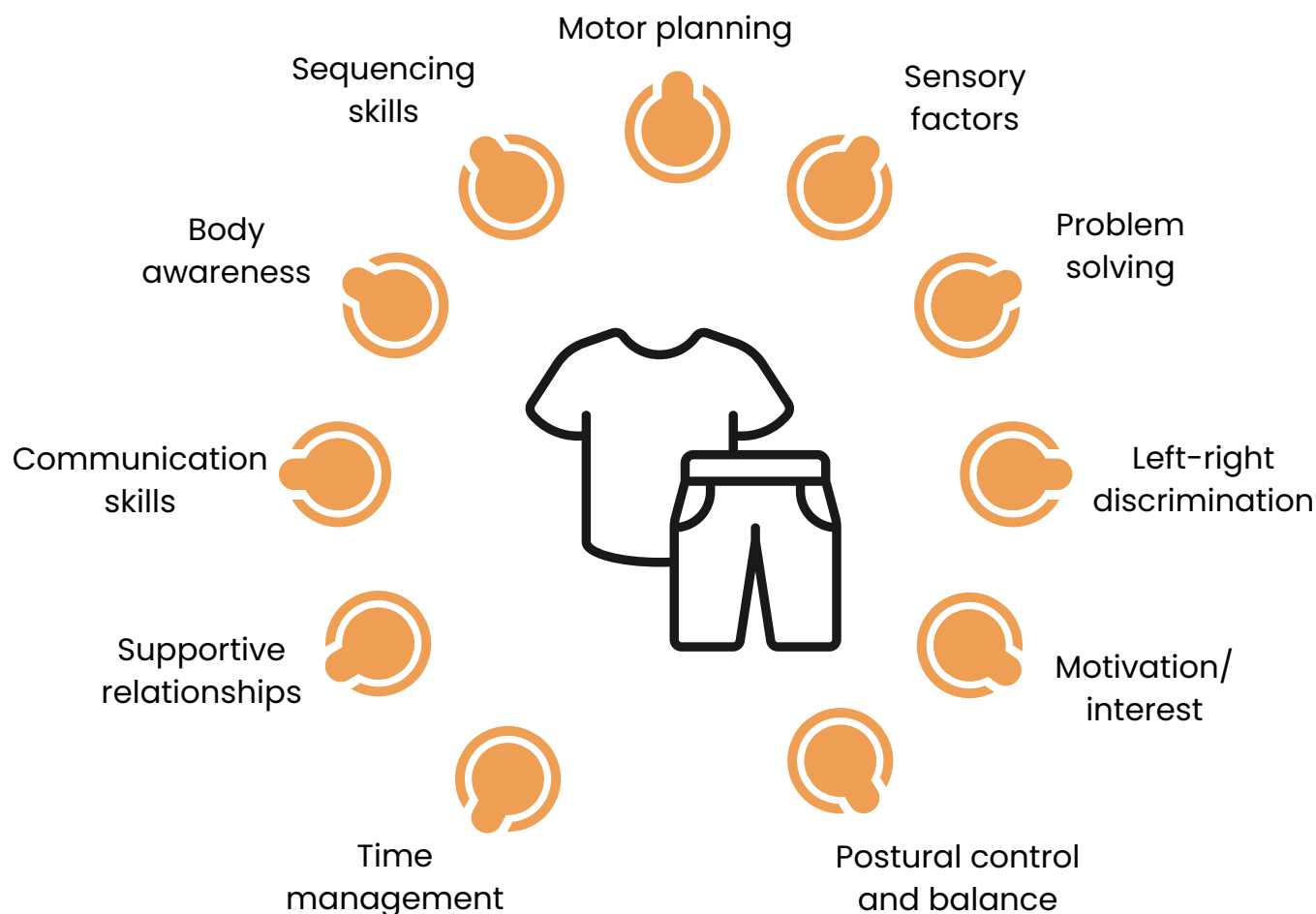
Mastery: It's become a routine part of my practice



DRESSING

Our ability to independently put on and take off clothes, appropriate for the situation

Have you considered all of these elements?



Choose which statement is best suited to you...

Starting: I'm not really aware of what I don't know yet

Growing: I know I have some learning to do in this area

Intentional: I know what I need to do, but I need to really focus to do it well

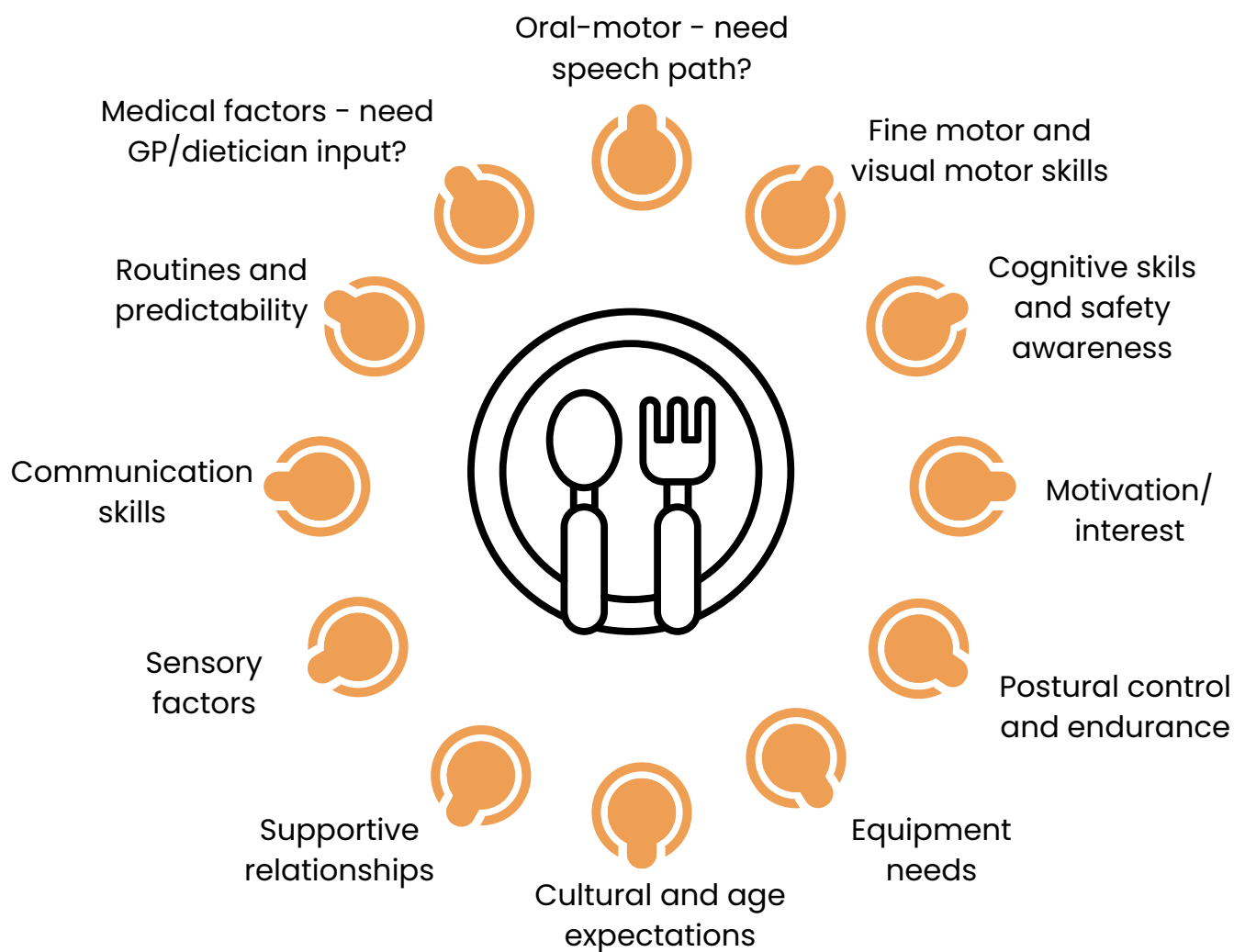
Mastery: It's become a routine part of my practice



MEALTIMES

Our ability to manage the physical, sensory and oral-motor components of eating and drinking

Have you considered all of these elements?



Choose which statement is best suited to you...

Starting: I'm not really aware of what I don't know yet

Growing: I know I have some learning to do in this area

Intentional: I know what I need to do, but I need to really focus to do it well

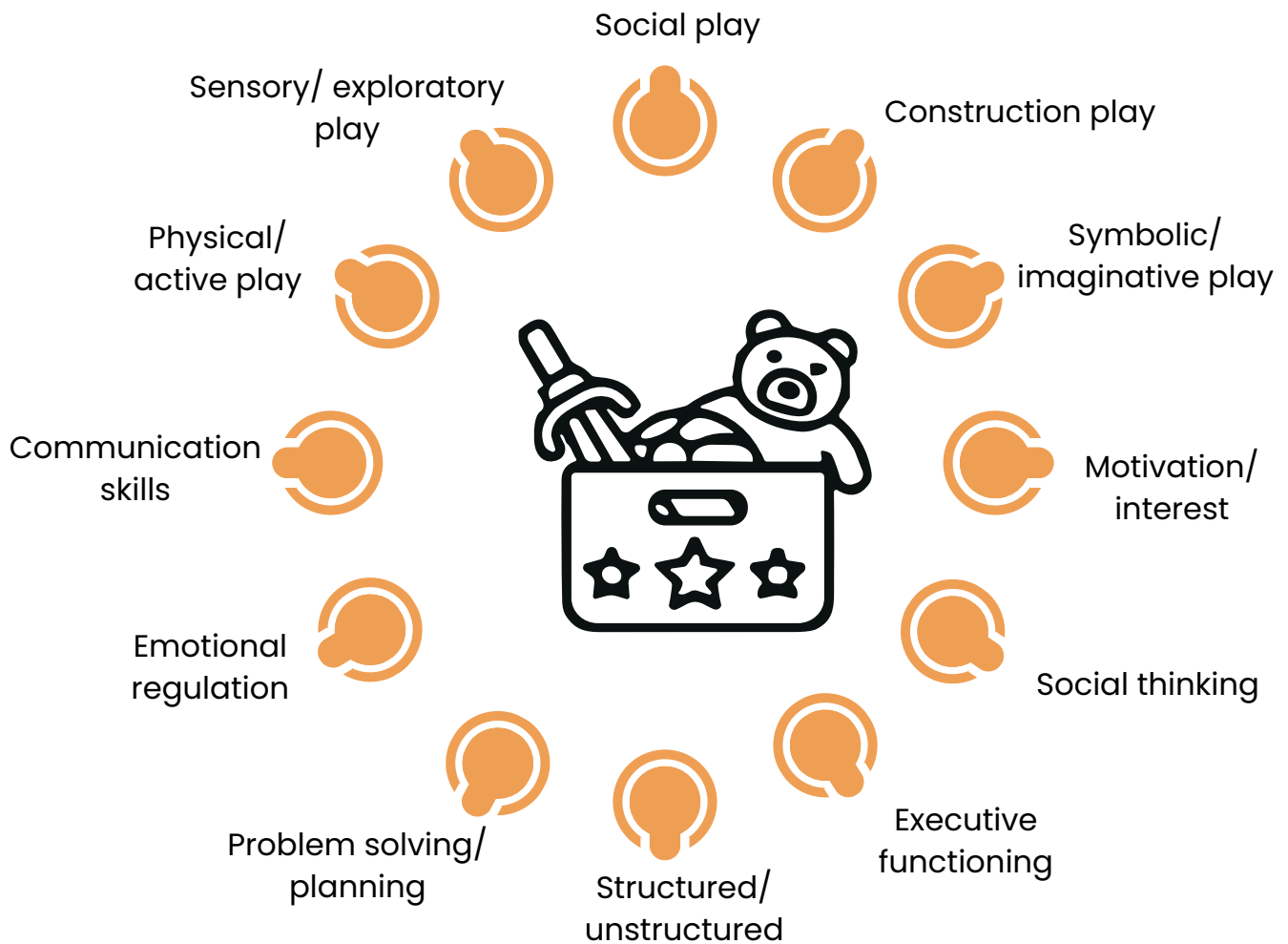
Mastery: It's become a routine part of my practice



PLAY

Our ability to explore, imagine and create in a way that is meaningful, both individually and with others

Have you considered all of these elements?



Choose which statement is best suited to you...

Starting: I'm not really aware of what I don't know yet

Growing: I know I have some learning to do in this area

Intentional: I know what I need to do, but I need to really focus to do it well

Mastery: It's become a routine part of my practice

WHAT DOES THIS ALL MEAN FOR YOU NOW?

Spend some time going back through your self-rating for each area

STARTING

"I'm not really aware of what I don't know yet"

- What specific areas do I feel least confident or knowledgeable about?
- How can I proactively seek out learning opportunities (eg supervision, workshops, webinars, literature review) to deepen my understanding and expertise in these areas?

GROWING

"I know I have some learning to do in this area"

- Which aspects surprised me or challenged my existing knowledge and assumptions?
- How can I leverage this newfound awareness to guide my professional development goals and learning priorities?
- In what ways can I incorporate this new knowledge into my clinical practice to enhance the quality of care I provide to children and families?

INTENTIONAL

"I know what I need to do, but I need to really focus to do it well"

- What specific skills, techniques, or interventions do I feel most confident and competent in within this clinical domain?
- How do I incorporate evidence-based practice principles and critical thinking into my decision-making process when working with children and families?

MASTERY

"It's become a routine part of my practice"

- What key milestones or experiences have contributed to my mastery and expertise in this clinical area?
- How do I stay motivated and engaged in continuous learning and professional growth, even as I achieve proficiency in certain areas?



To grow my confidence and create impact in my work:

My top 5 key areas to develop

1

2

3

4

5

My FIRST micro step forward will be to:

"Start where you are ... Use what you have ... Do what you can"
- Arthur Ashe -



✉ info@playot.com.au
🌐 www.playot.com.au
📘 Play & Learn Occupational Therapy
📷 [playlearnot](https://www.instagram.com/playlearnot)
🌐 [Rachel van der Linden](https://www.linkedin.com/in/rachelvanderlinden)

FURTHER INFORMATION

We provide support to OTs working in the paediatric space. Please note that the resources provided may need to be adapted to suit your individual situation

Are you looking for a reflective, supportive space to deepen your clinical reasoning? At Play & Learn Occupational Therapy, we offer clinical mentoring for occupational therapists who want space to reflect, think through complex presentations, and build confidence applying clinical reasoning and clinical approaches in practice.

www.playot.com.au
or email us at info@playot.com.au

This resource is the intellectual property of Play & Learn Occupational Therapy and founder Rachel van der Linden. Please seek permission before copying or forwarding any parts of this checklist.

Play & Learn Occupational Therapy 2026