

ABOUT PLAY & LEARN OT

WORKING ALONGSIDE EDUCATORS SINCE 2014

We're a team of paediatric occupational therapists working alongside schools and early learning settings every week – supporting educators where it actually matters.



We know the challenges you're facing because we see them too.

WHAT MAKES OUR WORK DIFFERENT

PRACTICAL, NOT THEORETICAL

strategies you can use today, not just ideas to think about

NO JARGON

clear real-world language that makes sense in your setting

NEURODIVERSITY-AFFIRMING

supporting diverse needs without trying to make children "fit"

RELATIONSHIP-BASED

connection and safety promoting positive behaviour

INTERACTIVE

discussion, reflection, and problem-solving together

REAL-WORLD EXPERIENCE

working alongside educators in schools and early learning settings



Western suburbs of Adelaide

**When children struggle,
what adults do next
matters most**

Practical support for educators
building the knowledge,
confidence, and consistency that
helps every child participate.



PROFESSIONAL LEARNING & TRAINING

Practical learning that translates into the classroom

Understanding regulation is one thing.
Knowing what to do in the moment is another.

Suitable for primary schools, preschools, OSHC, and early learning centres. Ideal for pupil-free days, staff meetings, or targeted team development.

CONFIDENT & CONNECTED CHILDREN

- behaviour and nervous system states
- what to do in real moments (not just theory)
- practical strategies for children and staff
- reading cues and responding early

3-hour session or 2 x 90-min · Site-based · On-demand coming soon

OTHER TOPICS AVAILABLE

Sensory processing · Interoception · Executive functioning ·
Emotional regulation · Co-regulation · Toileting · Sleep ·
Mealtimes · Circle of Security groups for educators ·
School readiness · Motor development



WHOLE-SITE CONSULTATION & PARTNERSHIP

Embedded support for lasting, consistent change

When behaviour and regulation challenges are escalating,
the answer often includes the environment — not just the child.

This is embedded support — not a one-off
and not focused on just one child.

WHAT THIS CAN INCLUDE

- Classroom observation and coaching
 - Whole-class regulation strategies
 - Environmental and participation adjustments
 - Leadership consultation and reflective review
 - Short-term individual observation where relevant
- Short-term or ongoing · Full or half days

OUR APPROACH

We build capacity, not dependency — creating shared
language, practical strategies, and systems that last.

Not sure which is right for your site?

Many sites begin with training and move toward whole-site support as needs evolve.

We'll help you work out the best starting point.

Ready to start the conversation?

playot.com.au · info@playot.com.au