

**West Lothian Children and  
Young People's  
Occupational Therapy  
Service**  
**Phone Advice line (for  
parents, carers,  
teachers and health  
care professionals)**



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 on the first Thursday of every month  
between 2-4pm for a 10-15 minute conversation with an  
Occupational Therapist.

Please call us on 01506 524134 (you can leave a message on  
our answer machine with a brief message and your contact  
number if no answer).