

# Paediatric Workshop

## What is in Your Paeds Toolbox?

**DATE:**  
8 - 9 August 2025

**TIME:**  
Fri: 08:00 - 17:00  
Sat: 08:00 - 17:00

**PLACE:**  
Irene Country Club;  
Centurion

### The System and the Child – A Holistic Context

**Friday 8 August 2025**

08:00 – 08:30	Arrival & Registration
	<b>WELCOME AND OVERVIEW</b>
08:30 – 08:45	Vina Leas (INSTOPP Director): Setting the scene – What is in your OT Toolbox referring to the OTPF-4.
	<b>PRIVATE PRACTICE CHECKLIST</b>
08:45 – 9:15	Vina Leas (INSTOPP Director): A practical look at what every paediatric OT practice must have in place: <ul style="list-style-type: none"> <li>• Policies, contracts, insurance, staff, systems.</li> </ul>
	<b>The System We Work In</b>
09:15–10:00	Peet Kotze (HealthMan Director): Understand the frameworks that shape paediatric private practice: HPCSA, NHI developments, medical aids, compliance, and professional advocacy.
10:00–10:30	<b>Tea Break</b>
	<b>FACTS WE NEED TO KNOW AND WISH TO KNOW TO IMPROVE OUR TEAMWORK</b>
10:30–12:00	Dr Hanneke Malan (Paediatric Psychiatrist): Trends in diagnosis, medications, co-morbidities, and how therapists can support children and families. Includes time for open <b>Q&amp;A</b> .
	<b>Practical session: Mindfulness and Grounding</b>
12:00-12:30	Vina Leas (INSTOPP Director): Practical session on mindfulness activities for children.
12:30–13:30	<b>Lunch Break</b>
	<b>Looking at the Child Holistically</b>
13:30-14:30	Jacqui Jorge (Occupational Therapist): Polyvagal theory, co-regulation, emotional development, sensory awareness, gut health and trauma-informed awareness.
	<b>Where To From Here? OT Support for Evolving Child Needs</b>
14:30–15:15	Jacqui Jorge (Occupational Therapist): Building frameworks of support using subtle awareness, relationship-based practice, and a systems approach. How to guide parents from confusion to confidence, with tools for communication, boundaries, self-regulation and connection.
15:15-15:30	<b>Tea Break</b>





<b>15:30–16:30</b>	<b>Building your Local Paediatric OT Resource Network</b> Vina Leas (INSTOPP Director): By working collaboratively and sharing insights, therapists will walk away with the foundation of a ready-to-use referral and collaboration network tailored to their geographical area and client needs.
<b>16:30–17:00</b>	<b>Group Discussion / Reflection:</b> “What shifted in your perspective today?”
<b>17:00</b>	<b>Social – meet, mingle and networking opportunity.</b>



## OT Tools in Focus – From Assessment to Intervention

**Saturday 9 August 2025**

<b>08:00–08:30</b>	<b>Coffee &amp; Arrival</b>
<b>08:30–10:00</b>	<b>Assessment: What, When &amp; Why</b> Maretha Bekker (Occupational Therapist): A reasoning-based approach to choosing assessments, considering function, context, and treatment planning.
<b>10:00–10:30</b>	<b>Tea Break</b>
<b>10:30–11:30</b>	<b>Play as an Occupation and Intervention Tool</b> Maretha Bekker (Occupational Therapist): Why play matters, and how to use it meaningfully across diagnoses and ages.
<b>11:30–12:00</b>	<b>The Visual System: Foundation for Visual Perception</b> Maretha Bekker (Occupational Therapist): Overview of the visual system as introduction to visual perception.
<b>12:00–12:30</b>	<b>Visual Perception Refresher</b> Vina Leas (INSTOPP Director): Refresher on visual perceptual skills, the definitions, the importance and the fallouts.
<b>12:30–13:30</b>	<b>Lunch Break</b>
<b>13:30–14:30</b>	<b>Letter and Number Reversals: Red Flags &amp; Intervention</b> Wendy Smith (Occupational Therapist): A research-based approach to practical strategies and referral guidelines for children struggling with directionality and sequencing.
<b>14:30–15:00</b>	<b>Visual Perception Practical Workshop</b> Vina Leas (INSTOPP Director): Explain the process of the workshop and the outcomes.
<b>15:00–15:15</b>	<b>Tea Break</b>
<b>15:15–16:30</b>	<b>Visual Perception Practical Workshop</b> Vina Leas (INSTOPP Director): Hands-on exploration of games and tools. Discuss the therapeutic affordances of each, with time for peer learning and feedback.
<b>16:30–17:00</b>	<b>Closing Reflections &amp; “What’s in Your Toolbox?”</b>
<b>17:00</b>	Facilitated group wrap-up, CPD sign-off and feedback collection.

