



Supporting parents with disability

Occupational therapy

Parenting is a very important but challenging role. Occupational therapists take a person-centred approach by supporting parents with disability to complete the tasks they need and want to do.

What is occupational therapy?

Occupational therapists are health professionals who promote health and wellbeing by supporting participation in meaningful occupations that people want, need or are expected to do.

Occupations include anything from self-care and domestic chores to work and leisure activities.

Occupational therapists have the skills in task analysis and the generic skills to assess and facilitate parenting occupations by addressing person, environment and occupation-based barriers.

Ways occupational therapists can help

Assessment and prescription of adaptive technology

Occupational therapists can assess and provide recommendations on adaptive baby care equipment, including:

- Baby slings for wheelchair users
 - » Lapbaby: Users can secure baby to their lap, enabling hands-free use
- One-handed baby care tools
 - » Consider nappy bags with velcro opening instead of zips
 - » Swaddles with velcro wings to wrap baby securely
- Bathing supports
 - » Bath slings
- Feeding supports
 - » Portable sterilisers
 - » Breastfeeding pillows



Safe parenting practices

Occupational therapists can help parents who need extra support to manage themselves and their baby safely in the antenatal and postnatal periods. This includes:

- Educating about home set-up to maximise safety for both parents and baby
- Assisting with fatigue and pain management strategies to support the birthing parent pre and postnatal
- Providing education about safe feeding practices once baby has arrived
- Assisting to develop routines to support wellbeing
- Recommending appropriate services and community supports to facilitate family wellbeing.



Using our services

Occupational Therapy Department services at King Edward Memorial Hospital are available to inpatients and outpatients.

Referrals are accepted from:

- KEMH consultants, registrars and residents
- Allied health professionals
- Midwifery or nursing staff working in KEMH outpatient clinics

For more information, please call **(08) 6458 2870**.

The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



Women and Newborn Health Service

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