



Meet Pam Niedzwiecki, ABC Occupational Therapy

Pam Niedzwiecki earned her Bachelor of Science in Health Science and Master of Science in Occupational Therapy degrees at University of Central Arkansas in 2003. Upon graduating, Pam moved to St. Louis, Missouri, and worked as an Occupational Therapist in a variety of pediatric settings; in hospitals, schools, homes, and community-based programs. Upon moving to California in 2007, Pam continued to pursue her passion for pediatric occupational therapy and began to focus on being credentialed in feeding. She has spent a large portion of her career in hospitals and ICU settings working with infants and children to regain independence, help develop or strengthen fine motor, visual motor and sensory processing needs, and helping each child strive to meet their age-appropriate skills to the best of their ability. Her style focuses heavily on family inclusion and education during her treatment sessions, as well as fostering communication with the entire team for a holistic approach. Pam is board certified by the American Occupational Therapy Association in Pediatrics and in Feeding, Eating and Swallowing. She holds a state license in Occupational Therapy. She is also active nationally with the Occupational Therapy professional organizations, developing and presenting new techniques, and has provided expert consultation with companies.

As an Occupational Therapist, Pam provides evaluation and treatment in the following areas:

- Sensory processing: how your brain processes sensory information (stimuli); sensory information includes things you see, hear, smell, taste, or touch.
- Handwriting Without Tears and Grasp.
- Fine motor: the use of the smaller muscle of the hands, commonly in activities like using pencils, scissors, construction with Legos, using buttons and opening lunch boxes.
- Visual motor development: eye/hand coordination, coordination of visual processing (how the eyes move and collect information) and fine motor control using our eyes and hands in a coordinated manner to do things such as copying letters and shapes and forming patterns.
- Visual perceptual: making sense of what we see to assist with reading, writing, and manipulating items/patterns.
- Feeding: selective eating/picky eating, sensory eating, and calorie deficit.

Pam lives in Ladera Ranch with her husband and two kids. They are parishioners at Holy Trinity Catholic Church. She has always been an active part of the community doing volunteer work for those in need. She enjoys reading, walking her dog, and staying active outdoors with her family.