

Sofia Carrington

Pediatric Occupational Therapy Assistant

Wilmington, NC · (910) 555-0134 · sofia.carrington@email.com · linkedin.com/in/sofiacarrington

SUMMARY

Pediatric occupational therapy assistant with 6 years in outpatient and school-based therapy for children ages 2 to 14. Delivers sensory integration, fine motor and visual-motor treatment, works toward IEP goals and coaches parents on home programs. NBCOT certified and North Carolina licensed, with a team-oriented mindset that keeps OTs, teachers and families aligned.

EXPERIENCE

Pediatric Occupational Therapy Assistant 03/2022 - Present
Coastal Kids Therapy Center Wilmington, NC

Outpatient pediatric clinic offering OT, speech and feeding therapy.

- Manage a weekly caseload of **28** children with autism, developmental delay and sensory processing needs.
- Run sensory integration sessions in the clinic gym, cutting average session refusals by half over 6 months.
- Coach parents on home programs for fine motor and self-care skills, with 85% reporting weekly practice.
- Document every visit and update goals in WebPT for the supervising OT's 90-day reassessments.

School-Based COTA 08/2020 - 02/2022
Tidewater School Therapy Services Jacksonville, NC

Contract therapy company serving 6 elementary schools.

- Provided OT services to 35 students across 4 schools, working toward handwriting and visual-motor IEP goals.
- Adapted classroom tools such as slant boards and pencil grips with teachers in 20 classrooms.
- Tracked progress data for IEP meetings and shared reports with the OT 2 weeks before each review.
- Led a small-group handwriting program that raised legibility scores for 12 first graders.

Level II Fieldwork Student 01/2020 - 04/2020
Cape Fear Pediatric Rehab Wilmington, NC

Pediatric outpatient fieldwork rotation.

- Carried up to 9 children a day by the final weeks under a licensed OT.
- Built 4 sensory diet visual schedules that families used at home.
- Observed 10 feeding therapy sessions and logged oral motor data for the treating therapist.

SKILLS

Sensory Integration
Fine Motor Development
Visual-Motor Skills • IEP Goals
Handwriting Programs
Home Programs
Pediatric Documentation
WebPT • Parent Education
Team-Oriented Mindset

EDUCATION

Associate of Applied Science
05/2020
Cape Fear Community College
Wilmington, NC
Occupational Therapy
Assistant

CERTIFICATES

**Certified Occupational
Therapy Assistant (COTA)**
National Board for
Certification in Occupational
Therapy (NBCOT)
07/2020

**Occupational Therapy
Assistant License**
North Carolina Board of
Occupational Therapy
08/2020

Pediatric CPR and First Aid
American Red Cross
02/2026