

POLLY BARENDRECHT



OCCUPATIONAL THERAPIST

About Me

Polly is a paediatric Occupational Therapist with over ten years' experience across private and public health settings, supporting children and families in both metropolitan and remote communities. Her work has included outreach services in remote areas, including flying with the Royal Flying Doctor Service.


She is also a parent, bringing a practical and compassionate understanding of family life to her work. With additional training in children's mental health, including a Graduate Diploma in Psychology, she is endorsed as a Better Access to Mental Health provider and takes a holistic approach to supporting children's emotional and functional well being.

Specialties

- Early years intervention and developmental support for children under five
- Family-centred, strengths-based care
- Executive functioning and self-regulation skill development

Mission Statement

Polly believes children thrive when they feel safe, supported and understood. As an Occupational Therapist, her mission is to provide calm, genuine and caring therapy spaces while empowering families and educators with the skills and confidence to support children in everyday life. She is deeply passionate about early intervention, knowing that timely and meaningful support can reduce long-term barriers and open the door to greater potential.

 polly.b2m@gmail.com

 02 7259 6181