

# From Therapy to Technology: Translating Pediatric Therapies Into a Digital Resource for Families

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## Introduction

- Many families with children ages birth to 3 lack accessible, evidence-based developmental activities that support holistic growth across motor, cognitive, and social-emotional domains.
- Three Little Ducks addresses this gap by integrating pediatric expertise with community-based programming, and now seeks to expand its impact through a digital platform.

## Project Description

- By translating its trusted in-person programming into an app, Three Little Ducks Hawai'i can scale its impact to empower families with accessible, evidence-based tools to support their keiki's development from birth to age 3.
- This project embodies the core Hawaiian values of Aloha, Kuleana, Pono, Kokua, and Laulima by fostering compassionate caregiving, shared responsibility, ethical practice, generous support, and collaborative growth in early childhood development.
- These values are not only foundational to Hawaiian pedagogy but also reflect the heart of the company's mission to nurture keiki and empower caregivers.

## Purpose/Aims

- This project aims to develop a library of evidence-based, developmentally appropriate activities for children ages birth to three, targeting key domains of fine motor, gross motor, cognitive, language and communication, social-emotional, and self-help skills.
- Designed for integration into a mobile app by Three Little Ducks Hawai'i, the activities empower caregivers with accessible tools to support early development through play, while honoring cultural values and promoting inclusive, family-centered care.

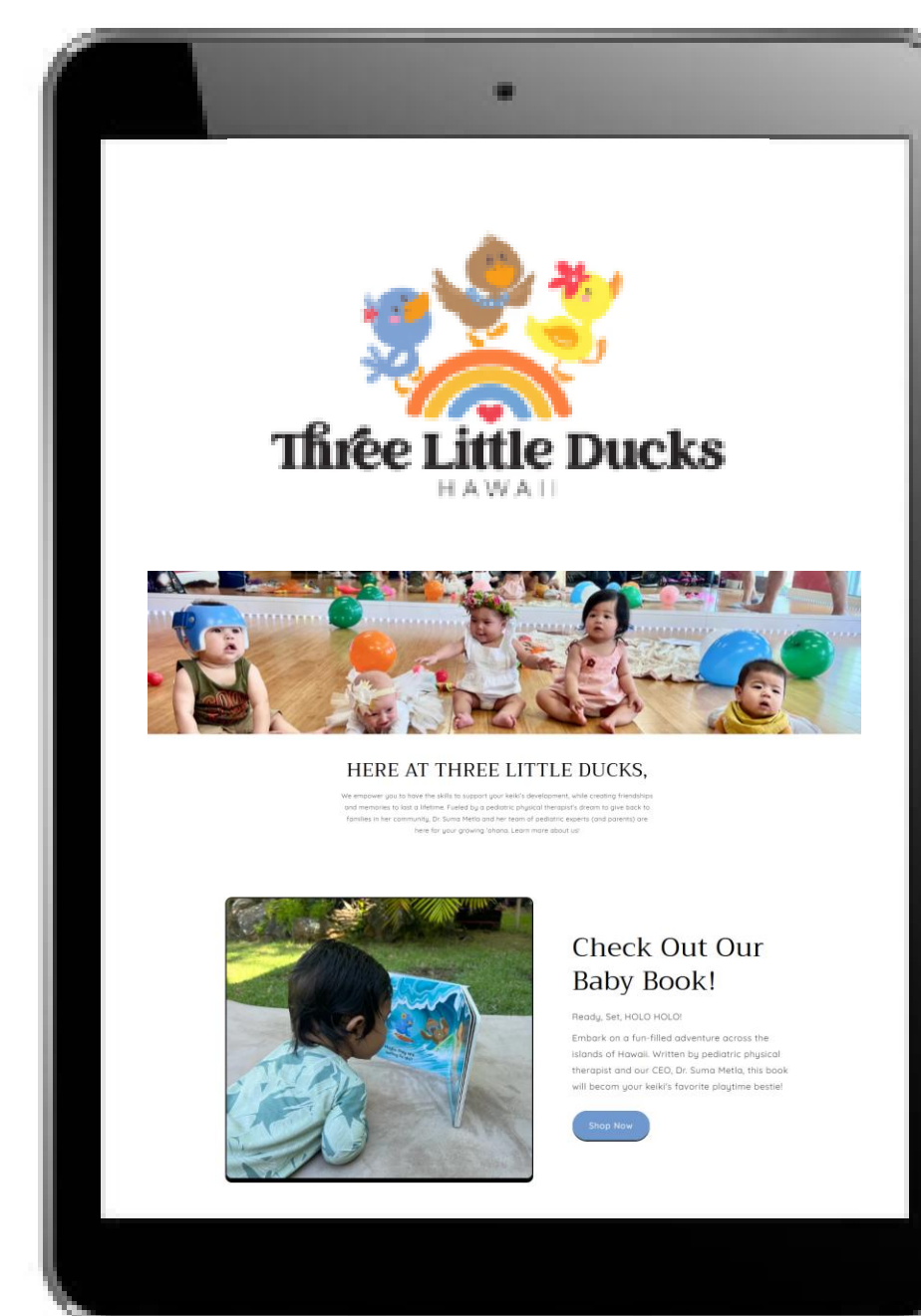


Photo credits: Dr. Suma Metla

## Methods

- This project followed a structured, multi-phase approach to ensure the development and integration of evidence-based activities into a mobile app for children ages birth to three. The process was guided by occupational and physical therapy principles, scholarly research, and stakeholder input, with attention to cultural relevance and accessibility.

## Results/Outcomes

- The project successfully produced a structured library of evidence-based, developmentally appropriate activities for children ages birth to three, aligned with key domains of fine motor, gross motor, cognitive, language and communication, social-emotional, and self-help skills.
- Key outcomes include Activity Library Creation, Culturally Responsive Design, Caregiver Empowerment, and Interdisciplinary Collaboration.

## Discussion

- Project outcomes show that OT informed activities can be effectively translated into a digital format for families.
- Activities promote holistic development across key domains through play-based, culturally responsive strategies.
- The app increases caregiver confidence and access to early intervention tools, especially in underserved communities.
- Embedding Hawaiian values ensures cultural relevance and strengthens family engagement.
- Demonstrates how occupational and physical therapy can extend beyond clinical settings to support inclusive, community-based care.
- Limitations include the need for broader caregiver testing and app usability feedback.
- Future improvements may involve expanding content for diverse learning styles and multilingual access.
- There is a potential for the app to be offered free of cost in the future, increasing accessibility for families across different socioeconomic backgrounds.

## References



References



TLD Website



Infographics