Vasudha Preenja

Occupational Therapist

Bachelor of Occupational Therapy

Vasudha has spent 20 years as an Occupational Therapist, supporting children and families to grow, connect and thrive. She holds a Bachelor of Occupational Therapy, is certified in sensory integration, and has trained in Naturalistic Developmental Behavioural Interventions (NDBI) and neuro-affirming practice.

In sessions, Vasudha follows the child's lead. She uses play and each child's own interests as the starting point, building on their strengths to support sensory regulation, motor skills, school readiness and everyday independence. For Vasudha, therapy works best when it feels fun for the child and fits naturally into family life, so she works closely with parents and carers to make sure strategies are practical, meaningful and easy to use at home.

Vasudha speaks English, Hindi and Punjabi, and loves being able to connect with families in the language they feel most at home in.

Outside of work, Vasudha cares deeply about health, nutrition and mental wellbeing, and is always learning new ways to live a balanced life. She loves travelling, exploring the mountains and discovering new foods. Most days you'll find her enjoying a morning or evening walk in nature, ideally along the beach.

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