

Biosketch Me Emma Wijnberg



Emma Wijnberg is a passionate paediatric occupational therapist with over a decade of experience supporting neurodiverse children and their families. She is the founder and clinical director of Little Lives Child Development, a multidisciplinary therapy centre offering child and family-focused services, including individual therapy, parent support, professional workshops, and practical tools for therapists and educators.

She is also the visionary behind Chrysalis Learning Centre, a therapeutic school designed for children who benefit from alternative, relationship-based approaches to learning. Emma's clinical approach is rooted in neuro-affirming, relationship-based practice, with a special interest in ADHD, ASD, sensory integration, early intervention, and DIR Floortime. She is a certified Sensory Integration practitioner and clinical supervisor, known for mentoring junior therapists, with the aim to translate theoretical frameworks into approachable tools that support confident, competent practice.

Emma is an active contributor to the South African Institute for Sensory Integration (SAISI), where she serves on the Board as National Networking Liaison and Head of Online Workshops. She also lectures for SAISI, supporting the growth of Occupational Therapists across South Africa, through teaching, workshops, mentoring, and coursework.

A lifelong learner herself, Emma is passionate about research-informed practice and continuously seeks to deepen her clinical knowledge, refine her practice, and stay abreast of developments in the fields of sensory integration, neuroscience, ADHD, and child development. She is also a content creator, using online platforms to bridge the gap between clinical knowledge and day to day parenting and teaching, making complex ideas accessible, relatable, and empowering.