

## How do I know if my school-age child needs occupational therapy services?

- 1. Difficulty focusing attention or over-focused and unable to shift to the next task.
- 2. Low muscle tone; tends to lean on arms or slumps at desk.
- 3. Needs more practice than other children to learn new skills.
- 4. Reverses letters such as *b* and *d*; can't space letters on the lines.
- 5. Breaks pencils frequently or writes with heavy pressure.
- 6. Does not enjoy jumping, swings or having feet off the ground.
- 7. Dislikes handwriting, tires quickly during written class work.
- 8. Difficulty paying attention or following instructions.
- 9. Overly active, unable to slow down.
- 10. Poor self-esteem, lack of confidence.
- 11. Dislikes swimming, bathing, hugs, and/or hair cuts
- 12. Over-reacts to touch, taste, sounds, or odors
- 13. Avoids physical education or sports activities.
- 14. Finds it difficult to make friends with children of the same age, prefers to play with adults or younger children rather than peers.
- 15. Difficulty following several step instructions for motor tasks.

If your child is experiencing three or more problems on this checklist, occupational therapy intervention may be helpful.