

How do I know if my preschool child (3 to 5 years) needs occupational therapy services?

- 1. Says "I can't" or "I won't" to age appropriate self-care or play activities.
- 2. Low muscle tone; seems weak or floppy.
- 3. Clumsy, falls frequently.
- 4. Bumps into furniture or people, has trouble judging body in relation to space around him/her.
- 5. Breaks toys or crayons easily.
- 6. Does not enjoy jumping, swings or having feet off the ground.
- 7. Dislikes coloring in lines, doing puzzles or cutting with scissors.
- 8. Delayed language development.
- 9. Overly active, unable to slow down, moves quickly from one toy to another.
- 10. Difficulty focusing attention, or over-focused and unable to shift to the next task.
- 11. Dislikes bathing, cuddling, or haircuts.
- 12. Over-reacts to touch, taste, sounds, or odors
- 13. Avoids playground activities.
- 14. Unable to settle down, sleep difficulties.
- 15. Needs more practice than other children to learn new skills.

If your child is experiencing 3 or more problems on this checklist, occupational therapy intervention may be helpful.