



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

- \_\_\_ 1. As an infant was unusually fussy, difficult to console and easily startled.
- \_\_\_ 2. Has difficulty regulating sleep/wake cycles such as settling for sleep, staying asleep, and waking without irritability.
- \_\_\_ 3. Has low muscle tone, fatigues easily, leans on people, or slumps in a chair.
- \_\_\_ 4. Avoids or over responds to daily life events that involve touch, taste, smells or sounds (e.g. hair cutting, eating, going to a mall, vacuum cleaner). May become fearful, overly active, aggressive or meltdown during or after these events.
- \_\_\_ 5. Was slow to roll over, creep, sit, stand, and walk or achieve other motor milestones.
- \_\_\_ 6. Tends to be overly active, has difficulty slowing down, may demonstrate short attention span moving quickly from one toy to another.
- \_\_\_ 7. Does not enjoy jumping, swings or having feet off the ground. May be fearful of heights, stairs, being tossed in the air, tipping head backwards). Might avoid playground activities, physical education class and/or sports.
- \_\_\_ 8. Demonstrates difficulty with transitions or change of plans. Prefers very set routines and can be rigid or controlling
- \_\_\_ 9. Does not use appropriate amount of force when handling objects, coloring, writing or interacting with siblings and pets.
- \_\_\_ 10. Has difficulty learning new motor tasks; experiences frustration when attempting to follow instructions or sequencing steps for an activity. Needs more practice than others to master new tasks.
- \_\_\_ 11. Has eating difficulties. May be a picky or sloppy, clumsy eater.
- \_\_\_ 12. . Appears clumsy, falls frequently, bumps into furniture and people, may have trouble judging position of body in relation to people and surrounding space.
- \_\_\_ 13. Says "I can't" or "I won't" to age appropriate self-care or play activities.
- \_\_\_ 14. Does not enjoy age appropriate motor activities such as bike riding , ball games, constructional toys, drawing, cutting, and writing.

If your child is experiencing 3 or more problems on this list, occupational therapy evaluation and/or intervention may be helpful.

Please call Shore Therapies for more information. (781) 335-6663.