



Parental Guide: Does my child need Occupational therapy intervention?

Fine Motor Skills

- Child is unable to hold a pencil appropriately hence being able to write or color.
- Child is unable to grasp items within hands.
- Child is unable to hold scissors to cut.
- Child continuously alternates hands while writing or doing any related activity.
- Child is unable to sit still during activities/work or remain focus.
- Child presses too hard or too lightly on writing/coloring utensils.
- Child is unable to manipulate hand eye coordination of buttoning and unbuttoning.
- Child rushes through work messily and incorrectly.

Visual Processing and Motor

- Child has difficulty forming letters and using appropriate spacing.
- Child is unable to color within the lines of a picture.
- Child is unable to complete puzzles.
- Child has difficulty tracing their name or letters.
- Child is unable to imitate patterns and sequences.
- Child has difficulty cutting along a line.
- Child is unable to recognize shapes, numbers or letters.
- Child has difficulty stacking blocks on top of each other.
- Child is unable to control pencil while writing.

Self Care

- Child is unable to manipulate upper body dressing (donning and doffing shirt) independently.
- Child is unable to manipulate lower body dressing (donning and doffing pants) independently.
- Child is unable to hold a toothbrush to brush teeth by oneself.
- Child is unable to hold utensil appropriately and feed oneself.
- Child is unable to groom (brush or comb hair) themselves independently.
- Child is unable to communicate the needs of going to the bathroom.
- Child shows limited motivation for independence in self care and waits for adults to do it for them instead.
- Child is unable to properly clean/wipe oneself independently.

Sensory Processing Skills

- Child is unable to follow directions.
- Child gets easily distracted and has a poor attention span.
- Child lacks personal space (unable to keep hands to themselves).



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- Child gets easily frustrated or upset.
 - Child chews on inedible items.
 - Child is sensitive to loud noises.
 - Child seeks rapid movements (spinning, etc..)
 - Child enjoys crashing into items and/or people.

Gross Motor Skills

- Child has difficulty catching or throwing a ball.
- Child has difficulty jumping or skipping.
- Child has difficulty kicking a ball.
- Child is unable to maintain an upright posture.
- Child avoids physical activities.
- Child is unable to walk up/down stairs without assistance.
- Child is unable to imitate standing on one foot.
- Child is unable to safely perform a forward roll.

If you have selected more than 2 boxes in each section or have any concerns about your child's development, contact your child's pediatrician for further evaluations on whether your child should be recommended to an Occupational Therapist.