

Occupational Therapy Checklist

Does my child need OT?



Occupational therapy (OT) helps children develop the skills of daily living necessary to function at home, school, and play. It supports their ability to be successful at the "job" of being a kid, which is to play and learn!

Infant/Toddler Checklist

If your infant/toddler is exhibiting 3 or more these characteristics, OT interventions may be helpful.

- ☐ Low muscle tone; seems weak or floppy
- ☐ Difficulty self-calming, unusually fussy
- ☐ Unable to bring hands together and bang toys or bring toys to mouth
- ☐ Does not roll over (7 months), sit unsupported (10 months), pull to stand (12 months), or walk (18 months)
- ☐ Not self-feeding finger foods by 14 months
- ☐ Failure to explore, or consistently uses only one hand
- ☐ Cries or becomes tense when lifted/carried
- ☐ Frequent fisting of hands after 6 months
- ☐ Difficulty tolerating a prone (on stomach) position
- ☐ Does not play purposely with age appropriate toys
- ☐ Dislikes being held, cuddled, or touched
- ☐ Difficulty drinking from a bottle or eating solid foods
- ☐ Overly active, seeks excessive movement via rocking, jumping, or climbing
- ☐ Unable to settle down, sleep difficulties
- ☐ Not making eye contact
- ☐ Has a known medical diagnosis such as Down syndrome, Cerebral Palsy, a brachial plexus injury, or premature birth.

Please contact us for more information or to schedule an evaluation.

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