

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!

Preschooler Checklist

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

- ☐ Says "I can't" or "I won't" to age appropriate play or self-care activities
- ☐ Low muscle tone; seems weak or floppy
- ☐ Clumsy, falls frequently
- ☐ Bumps into furniture or people, has trouble judging body in relation to space around him/her
- ☐ Overly fearful of jumping, swings, or having feet off the ground
- ☐ Dislikes coloring in lines, playing with fine motor toys, or cutting with scissors
- ☐ Does not color a picture, complete a simple inset puzzle, or attempt to imitate lines and circles
- ☐ Difficulty coordinating hands for effective toy play such as stacking blocks or stringing beads
- ☐ Delayed language development
- ☐ Avoids eye contact and does not interact with peers
- ☐ Frequent drooling, or mouth is always open
- ☐ Overly active, unable to slow down, moves quickly from one toy to another
- ☐ Difficulty focusing attention, or over-focused and unable to shift to a new task
- ☐ Fixates on objects that spin or turn, becomes upset with repetitive play is disrupted
- ☐ Over-reacts to touch, taste, sounds, odors
- ☐ Avoids playground activities
- ☐ Unable to settle down, sleep difficulties
- ☐ Unusually upset with changes in routine
- ☐ Needs more practice than other children to learn new skills
- ☐ Has a known medical diagnosis such as Down Syndrome, Autism Spectrum Disorder, or Cerebral Palsy

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

Email: info@jstherapies.com

Phone: 340-473-5924 Fax: 866-411-7667

