

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!

School-Age Child Checklist

If your school-age child is exhibiting 3 or more these characteristics, OT interventions may be helpful.

- ☐ Needs more practice than peers to learn new skills
- ☐ Low muscle tone; tends to lean on arms or slump
- ☐ Dislikes handwriting, tires quickly during written work
- ☐ Overly fearful of jumping, swings, or having feet off the ground
- ☐ Writes with unusually light or heavy pressure on a pencil
- ☐ Poor or awkward pencil grasp
- ☐ Reverses letters such as b and d; unable to space letters on the line
- ☐ Inaccurately copies letters or designs
- ☐ Difficulty using a computer
- ☐ Overly active, unable to slow down
- ☐ Difficulty focusing attention, or over-focused and unable to shift to a new task
- ☐ Over-reacts to touch, taste, sounds, odors
- ☐ Poor self-esteem, lack of confidence
- ☐ Uncoordinated scissor skills
- ☐ Avoids physical education or sports
- ☐ Requires extra time or effort for clothing fasteners or shoe-tying
- ☐ Difficulty paying attention or following instructions
- ☐ Difficulty following several step instructions for new physical tasks
- ☐ Has a known medical diagnosis such as Down Syndrome, Autism Spectrum Disorder, ADHD, or Cerebral Palsy; or has an Individualized Education Plan (IEP) at school

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

Email: info@jstherapies.com

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

