



THE CENTER FOR
PEDIATRIC THERAPY
Speech, Occupational, & Physical Therapy

How do I know if my school-age child needs occupational therapy?

- 1. Difficulty focusing attention (or over-focused) and unable to shift to the next task.
- 2. Low muscle tone; tends to lean on arms or slumps at desk
- 3. Needs more practice than other children to learn new skills.
- 4. Reverses letters such as b and d and/or can't space letters/words on the lines.
- 5. Breaks pencils frequently or writes with heavy pressure.
- 6. Does not enjoy jumping, swinging, or having feet off the ground.
- 7. Poor handwriting, tires quickly during written class work.
- 8. Difficulty paying attention or following instructions.
- 9. Overly active, unable to slow down.
- 10. Poor self-esteem, lack of confidence.
- 11. Dislikes swimming, bathing, hugs, and/or haircuts.
- 12. Over-reacts to touch, taste, sounds, or odors.
- 13. Avoids physical education or sports activities.
- 14. Finds it difficult to make friends with children of the same age, prefers to play with adults or younger children rather than peers.
- 15. Difficulty following several step instructions for motor tasks.
- 16. Difficulty tying shoes or manipulating buttons, snaps, or zippers
- 17. Poor organization or difficulty keeping materials together in/around desk or backpack
- 18. Appears clumsy; falls or trips frequently
- 19. Difficulty cutting or coloring to stay in the lines

If your young child is experiencing 3 or more problems on this checklist, occupational therapy intervention may be helpful. Contact your local occupational therapist for more information at 985.449.0944.