



## **How Do I Know if My School-age Child Needs Occupational Therapy?**

*If your child is experiencing three or more items on this checklist, occupational therapy services may be helpful.*

My child:

- Finds it hard to focus attention or is over-focused and unable to shift to the next task
- Hangs on people or furniture or props to support self
- Jumps from one activity to another
- Can't work with background noise
- Gets frustrated when trying to find objects in competing background, e.g., a cluttered drawer or messy room
- Craves movement, is always on the go, has difficulty sitting still, is fidgety
- Fearful of movement, reluctant to participate in play activities
- Is a picky eater
- Touches people and objects to the point of irritation
- Avoids getting messy
- Leaves clothing twisted on body
- Tires easily, seems weaker than others of same age
- Cries easily, is stubborn and uncooperative
- Dislikes handwriting
- Exhibits poor pencil pressure, breaks pencils and Crayons frequently
- Reverses letters; can't space letters on a line