

How might I know if my child needs Occupational Therapy (OT) services?

If you feel your child is struggling in one or more of these areas, you may find it helpful to discuss your observations with your classroom teacher. They may benefit from OT services to support “classroom” (home based or in school) learning and instruction

Participation:

- Difficulty following multi-step directions
- Tires quickly during written work
- Difficulty staying engaged in activities; requires adult prompts to participate successfully
- Poor self-esteem, lack of confidence, easily frustrated, gives up easily
- Finds it difficult to make friends with children of the same age. May prefer to play with adults or younger children rather than peers

Regulation:

- Over-reacts to touch, taste, sounds, or smells
- Overly active, unable to slow down
- Difficulty self-calming or regulating themselves to match the activity or task
- Has difficulty handling transitions or unexpected changes in routines
- Difficulty focusing attention or is over- focused and unable to shift to next task
- Difficulty regulating emotions; it takes a long time for my child to recover from upset
- Big emotions happen that frequently don't match the situation

Motor skills:

- Needs more practice than others to learn new skills
- Seems less coordinated than same aged peers
- Does not enjoy jumping, swings or having feet off of the ground
- Difficulty navigating play equipment or takes excessive risks, poor impulse control
- Has difficulty maintaining seated posture during lessons (may slump, or slide off chair)

Printing:

- Dislikes handwriting or avoids writing/ printing and other fine motor tasks
- Holds pencil with an awkward grasp
- Has difficulty coloring between the lines
- Breaks pencils and crayons frequently, may write with heavy pressure or too lightly
- Letter reversals (1st grade and beyond), inconsistent letter formation

