



Occupational Therapy Screener Checklist:

Does your child have difficulty with the following tasks? They may benefit from an evaluation!

Self Care Skills:

- Dressing - difficulty with:
 - Putting on/taking off clothes
 - Fasteners (buttons, zippers, etc)
- Eating/drinking - difficulty with:
 - Tongue or lip ties affecting eating
 - Breastfeeding/Bottle feeding
 - Using utensils
 - Drinking from an open cup, using a straw
 - Chewing foods
 - Has limited variety of foods
 - Doesn't sit for mealtime and/or requires "distraction"
- Toileting:
 - Prolonged use of diaper/pull-up
 - Has trouble with wiping and/or balance on toilet
 - Has poor awareness of bladder/bowel movements
 - Difficulty with bathroom environment (noise, smell, lights, etc)
- Hygiene- difficulty with:
 - washing hands, blowing nose, bathing/grooming self
 - toothbrushing or hair brushing (including poor tolerance of dentist/haircuts)
- Sleep -difficulty with:
 - falling or staying asleep
 - sleep routines

Body Movements/Sensory Processing:

- Restless, in motion most of the time
- Difficulty in stores, groups- easily over stimulated
- Appears clumsy (trips, drops things, runs into things, etc)
- Uses too much force/overly aggressive with movements
- Uses too little force needed for tasks
- Difficulty with sensory inputs (textures, smells, sounds, touch, etc)

Attention/Participation/Social:

- Trouble playing with others
- Easily frustrated or upset, has a hard time with changes in schedule/routine
- Repeats the same play, prefers to watch others play
- Forgets directions, requires frequent reminders
- Difficulty with emotions/regulation

Motor Skills:

- Tummy time, sitting, rolling delays
- Trouble holding a pencil or marker and/or writing lines/shapes/letters
- Uninterested or refuses to do arts and crafts
- Difficulty with ball skills
- Falls out of chair, trips often
- Difficulty imitating movements (during games or songs like Itsy Bitsy Spider)
- Avoids swings, slides, climbers, etc.

Reach out for a FREE discovery call!