



## CHILDREN WHO MAY BENEFIT FROM OCCUPATIONAL THERAPY INTERVENTION MAY PRESENT WITH ANY OF THE FOLLOWING DIFFICULTIES

### **Gross Motor**

- Trips over a lot
- No sense of danger or scared of heights
- “Accident prone” – always bumping into things
- Appears floppy and awkward when performing movement activities
- Poor balance
- Problems learning new motor tasks (often dislikes outdoor activities)

### **Fine Motor**

- Immature drawing skills
- Dislikes eye-hand coordination tasks
- Immature pencil grip
- Poor handwriting at school – messy, slow to write
- Poor scissor skills
- Generally poor performance at fine manipulative tasks
- Difficulty learning new fine motor tasks
- Tires easily when performing fine motor tasks, particularly pencil skills

### **Visual Perception**

- Letter reversals eg. b/d
- Lacks concentration with visual tasks
- Difficulties copying from blackboard
- Poor reading/spelling
- Difficulties with puzzles and block designs
- Can't find place on page
- Poor visual memory

### **Behavioural**

- Poor self esteem
- Poor concentration
- Disorganised
- Does not mix well with peers – often prefers playing with younger children
- Immature social behaviour
- Aggressive / shy and timid/ disruptive behaviour at school

### **Self-Care**

- Difficulties dressing self
- Cannot use appropriate utensils to feed self (ie. knife and fork)
- Messy eater
- Dependent on others to assist with self care tasks at an age older than normal
- Slow to perform all self care tasks

## SENSORY CHECKLIST

| Sensory Area                                   | Problem Indicators<br>Under-sensitive or Over-sensitive  | Other<br>Comments |
|--|--|-------------------|
| <b>Movement &amp; Muscles and Joints</b>       | <ul style="list-style-type: none"> <li><input type="checkbox"/> Child fidgets and moves during mat time</li> <li><input type="checkbox"/> Child has difficulty sitting still on chair</li> <li><input type="checkbox"/> Child is busy and always on the go</li> <li><input type="checkbox"/> Child avoids playground or outdoor equipment</li> <li><input type="checkbox"/> Child becomes upset when feet leave the ground</li> <li><input type="checkbox"/> Child avoids movement activities, eg rough &amp; tumble play, swinging, see-saws</li> <li><input type="checkbox"/> Tends to lean on others or desk when seated.</li> <li><input type="checkbox"/> Shows poor coordination, appears clumsy</li> <li><input type="checkbox"/> Chews on toys, clothes or objects more than others</li> </ul> |                   |
| <b>Touch, Deep Pressure, Pain, Temperature</b> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Child avoids messy play including play dough, gluing, painting etc</li> <li><input type="checkbox"/> Child hates feeling of certain textures including clothing, grass &amp; sand</li> <li><input type="checkbox"/> Child fidgets and fiddles with items on an ongoing basis</li> <li><input type="checkbox"/> Child doesn't seem to notice when someone else has touched him or her</li> <li><input type="checkbox"/> Child has decreased awareness of temperature and pain compared to other children</li> </ul>   |                   |
| <b>Vision</b>                                  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Child gets distracted by visual information in the classroom, eg another child, items around the board</li> <li><input type="checkbox"/> Child gets bothered by bright lights or shiny objects</li> <li><input type="checkbox"/> Child has difficulty finding an object when it is in a competing background e.g. lego piece on the floor</li> </ul>   |                   |
| <b>Hearing</b>                                 | <ul style="list-style-type: none"> <li><input type="checkbox"/> Child does not always appear to hear what you say</li> <li><input type="checkbox"/> Child has difficulty following instructions in the classroom</li> <li><input type="checkbox"/> Child gets upset by loud noises and may put hands over ears</li> <li><input type="checkbox"/> Child gets distracted easily when there is lots of noise in the classroom</li> <li><input type="checkbox"/> Child often gets distracted by background noise that isn't important (eg children walking by classroom, air conditioner)</li> </ul>   |                   |
| <b>Mouth</b>                                   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Child is a fussy eater and will avoid certain foods</li> <li><input type="checkbox"/> Child likes to put non-food objects in mouth and suck/chew on them (toys, pencils).</li> </ul>   |                   |

**To make a referral to Occupational Therapy, please call our office on 02 6555 9877.**

**Deb Hopper**

Private Accredited Occupational Therapist

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