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Occupational Therapy Checklist for School Aged Children

- Has difficulty using 2 hands together, or doesn't use 2 hands together
- Has difficulty with writing, coloring, cutting, or pasting
- Has illegible handwriting; tries easily while writing; poor pencil grasp, presses too light or too hard when coloring or writing
- Trouble with spacing, sizing, formation or reversals during handwriting
- Difficulty reading across a line, or keeping place while reading or writing
- Difficulty copying from board or books
- Difficulty with dressing and or fastener management (velcro closures, buckles, snaps, buttons, zippers) or shoe tying.
- Trouble with jumping, hopping, standing on one foot, skipping or galloping
- Appears clumsy or uncoordinated
- Poor sitting posture, slumps in chair, seems floppy when moving
- Has trouble making of keeping same aged friends, may prefer to play with adults or younger children
- Trouble with attention or focus; short attention span
- Avoids physical activity; has trouble with or dislikes physical education or sports activities
- Is overly active; has difficulty calming down or slowing down
- Has trouble sleeping, getting to sleep, or waking up from sleep; has irregular sleep patterns
- Poor self-esteem; low levels of confidence or motivation; gives up easily
- Has trouble with following multi-step directions to complete a task
- Needs additional instruction or practice to learn new skills as compared to same aged children
- Dislikes bathing, or other grooming habits such as tooth-brushing, brushing hair, trimming nails, and/ or haircuts
- Dislikes or is fearful of activities involving having feet off ground such as swinging or other playground equipment
- Appears impulsive, lacks regard for safety, boundaries or rules; may need additional adult supervision as compared to same aged peers
- Bumps into things; difficulty judging his/her body position in space
- Trouble with unexpected changes in routines, trouble shifting from one activity to the next
- Messy eater; seems to not notice when hands or face are messy
- Overly sensitive to having hands or face messy, does not tolerate being messy
- Overly sensitive to tags or textures in clothing, wears clothing that is inappropriate to season or temperature; insists on wearing only certain clothing repeatedly

A child may need to be referred for Occupational Therapy if several of the above areas have been checked or if any of the above areas creates a functional delay or problem.