

OCCUPATIONAL THERAPY PRESCHOOL SCREENING CHECKLIST

How do I know if my preschooler (3-5 yrs) needs OT?

- Says "I can't" or "I won't" to age appropriate activities
- Needs more practice than other children to learn new skills
- Clumsy, falls frequently
- Low muscle tone; seems weak or floppy
- Bumps into furniture or people, has trouble judging body in relation to space around him/her
- Dislikes coloring in lines, doing puzzles or cutting with scissors
- Overly active, unable to slow down
- Short attention span. Moves quickly from one toy to another.
- Delayed language development
- Difficulty self-calming
- Doesn't notice or over-reacts to touch, taste, sounds, or smells
- Dislikes bathing, cuddling, or haircuts
- Very picky eater. Eliminates whole food groups.
- Has difficulty handling unexpected changes and transitions
- Difficulty following 1 to 2 step directions
- Avoids playground activities. Prefers sedentary play.
- Does not enjoy jumping, swings or having feet off the ground
- Finds it difficult to make friends with children of the same age. Prefers to play with adults or younger children rather than peers.
- Easily frustrated or lacks of confidence to try new things

If any of these problems are interfering with your student's level of participation, success at school or confidence in the classroom...then OT intervention may be helpful.