

# Would Your Child Benefit from Occupational Therapy?

Some areas that pediatric OTs address include:

- ✓ Sensory processing & self-regulation skills
- ✓ Fine motor skills
- ✓ Visual motor skills
- ✓ Motor coordination & muscle weakness
- ✓ Feeding difficulties/picky eating
- ✓ Self-help skills (self-feeding, dressing, grooming, etc.)
- ✓ Social emotional & play skills

An occupational therapy evaluation should be considered when a child has any difficulties shown on the next page. Please feel free to reach out to our OTs Lauren ([lauren@smalltalkmi.com](mailto:lauren@smalltalkmi.com)) and Nicole ([nicole@smalltalkmi.com](mailto:nicole@smalltalkmi.com)) or call the office at (248) 885-8240 if you have questions about your child.

## **Sensory Processing**

- Excessively upset with changes in routine, difficulty transitioning
- Busy, on the go, difficulty sitting still
- Decreased attention
- Poor safety awareness
- Avoidant of different textures, dislikes getting messy
- Lethargic, easily fatigued, avoidant of movement

## **Feeding**

- Picky eating: aversion/avoidance of all food in specific food texture/group, <20 foods willing to eat, especially if foods are being dropped
- Inability to transition to baby food purees by 10 months, table food solids by 12 months
- Poor weight gain
- Choking, coughing, and/or gagging while eating

## **Fine and Visual Motor Skills**

- Uncoordinated, weak hand(s)
- Unusual grasp on writing utensil after 4 years
- Difficulty with puzzles, building, etc.
- Difficulty drawing shapes, writing letters or copying from the board

## **Activities of Daily Living**

- Difficulty using spoon and fork
- Difficulty drinking from an open cup
- Trouble opening/closing containers
- Unable to put on most clothing, with some assistance, by 3 years
- Difficulty with buttons, zippers and/or tying shoes

## **Social Emotional**

- Limited eye contact, return of smiles or other positive advances
- Limited response to name or familiar voice
- Little imitation of movements and facial expressions
- Unusual play with toys (e.g., lining up, spinning wheels, repetitive interests, limited pretending)