



THE CENTER FOR  
**PEDIATRIC THERAPY**  
*Speech, Occupational, & Physical Therapy*

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## How do I know if my preschool child needs occupational therapy?

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- 1. Difficulty focusing attention (or over-focused) and unable to shift to next task.
- 2. Seems weaker or tires more easily than other children.
- 3. Needs more practice than other children to learn new skills.
- 4. Difficulty with the use of a spoon or cup and / or has messy eating habits.
- 5. Difficulty putting on shoes (not tying) or getting on coat with zipper.
- 6. Does not enjoy jumping, swinging, or having feet off the ground.
- 7. Dislikes playing with puzzles or small manipulative toys (blocks, beads, etc.)
- 8. Difficulty paying attention or following instructions.
- 9. Overly active, unable to slow down and appears to be in constant motion.
- 10. Does not accept change in routine easily.
- 11. Dislikes swimming, bathing, hugs, and / or haircuts.
- 12. Over-reacts to touch, taste, sounds, or odors.
- 13. History of delayed speech development.
- 14. Finds it difficult to make friends with children of the same age, prefers to play with adults or younger children rather than peers.
- 15. Is a picky eater, refuses many foods.
- 16. Frequently pushes, hits, or uses too much force when playing with other children.
- 17. Avoids coloring or drawing.

***If your young child is experiencing 3 or more problems on this checklist, occupational therapy intervention may be helpful. Contact your local occupational therapist for more information at 985.449.0944.***