



SIGNS YOUR CHILD MAY NEED OCCUPATIONAL THERAPY

Difficulty achieving age-appropriate milestones

Are you concerned your 1-year-old isn't crawling yet or that your 2-year-old isn't walking steadily on their own?

Occupational therapy can help children who are showing signs of developmental delays.

Difficulty Focusing

If your child is having trouble focusing on her homework, it may be a sign that she's also having trouble focusing in class. If she gets distracted by noises or people moving about at home, she might also have difficulty paying attention at school and may not be getting the most out of her education.

Difficulty Starting Homework

Your child may have trouble with task initiation if she needs help from you to start her homework or if she can't start without having someone present. Occupational therapists (OT), can help your child work on task initiation so she can be independent with her schoolwork.

Handwriting Issues

If your child has a hard time writing quickly and neatly, reverses letters, doesn't form letters correctly, adds too little or too much space between words, or confuses upper and lower case letters, she may need OT to improve her handwriting skills.

Messy Backpack or Folders

This may be a sign that your child has decreased organizational skills, which can affect her ability to complete the correct homework each day.

Lack of Time Management

Does your child have difficulty scheduling her time? Does she spend the majority of her time on leisure activities, while not leaving enough time for homework and getting to bed at a decent hour? If your child is in middle school or older, she should be able to manage her time with little help from her parents.

Sensory Processing Problems

If you notice your child tends to overreact to touch, taste, sounds or smells, these are common signs, that there could be sensory processing issues.

Occupational Therapy can help with sensitivity to these senses using different exercises.

Forgotten Homework

Your child may benefit from using a planner or calendar system to help keep track of when her homework and projects are due, as well as dates of tests and quizzes. An occupational therapist can help assess her organization and planning deficits and find specific strategies to help her manage her homework.

Poor Fine Motor Skills and Coordination

If your child has difficulty holding a pencil correctly, erasing completely, cutting, folding, or coloring, this may be an indication that your child could benefit from OT.

Inadequate or Inappropriate Play Skills

Play is a crucial activity in children developing age appropriate skills and understanding their place in the world. A child can build his/her motor skills, build their cognitive skills, learn problem solving and develop social skills through play.