



neuroBridge

connecting a child's mind and body

Occupational Therapy Checklist for Parents and Teachers

Child's Name: _____ Date of Birth: _____

Child's School: _____ Date of Checklist completion: _____

Gross Motor

- Appears clumsy, has frequent falls or bumps into furniture
- Cannot sit still
- Has difficulty learning new movements or motor skills
- Quietly observes more than participates
- Sits with a slumped posture or poor posture
- Does not like to participate in PE, acts out or acts silly
- Has a hard time catching or throwing a ball
- Has difficulty kicking a moving ball
- Is unable to do jumping jacks at age 5
- Has low endurance; gets tired quickly
- Has difficulty skipping, hopping or jumping
- Walks around the playground and avoids playground equipment
- Does not know his right and left
- Did not perform traditional crawling as an infant

Fine Motor

- Holds the pencil too tight or too loose
- Has an awkward grip on pencil
- Presses too hard on the paper; rips paper when erasing or writing
- Writes too light or too dark
- Cannot cut with scissors
- Has difficulty with buttons or fasteners
- Has an awkward grip on scissors
- Drops his pencil or utensil
- Sticks out his tongue or makes mouth movements while writing/drawing/cutting
- Has difficulty drawing; avoids drawing or coloring
- Has difficulty sitting in a chair with feet on the floor
- Completes work too quickly, producing messy work
- Does not use non-dominant hand to hold paper during writing
- Does not have a dominant hand; alternates hands when tired

Helping kids meet their potential is our number one goal.

Co Founders Margaret Hopping & Sarah Powe

Holds head when he writes

Visual Perceptual, Visual Motor

- Has poor letter formation, size and spacing
- Does not recognize shapes, letters and numbers as compared to peers
- Is disorganized - has disorganized desk, locker or backpack
- Has difficulty coloring in defined spaces, ie a coloring book
- Draws a person poorly
- Has difficulty reading; skips words; has difficulty keeping his place
- Cannot imitate a pattern
- Has difficulty locating items in a drawer or backpack
- Is distracted by visual stimulation
- Has difficulty cutting on a defined line
- Moves body while writing or reading

Sensory Processing

- Has meltdowns with homework or lacks motivation
- Has a hard time transitioning to school or back to home
- Has difficulty following directions
- Becomes silly or frustrated during classwork
- Appears overwhelmed in crowds
- Has difficulty keeping hands to themselves
- Avoids eye contact
- Is easily distracted; has poor attention span
- Is fidgety, can't sit still; is overly active
- Is overly sensitive
- Chews on clothing, pencil or non food objects
- Has difficult time making friends
- Appears not to hear greeting or instructions
- Does not like hands to be messy
- Has tic - like behaviors
- Is too rough with friends
- Is sensitive to loud noises
- Enjoys crashing to the ground or bumping into things
- Becomes upset, mad or frustrated easily
- Is subject to outbursts
- Does not notice food on face; does not notice a runny nose
- Has difficult time dressing, tying shoes, or completing toilet routine
- Is a picky eater
- Keeps hands in pockets while walking or playing

If you checked 3 or more in a category, your child might benefit from OT. Email us at info@neurobridgellc.com for more information.

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