



### **Does my child need an OT?**

Children develop at different rates and some variation is typical, however any concerns you have can benefit from being explored further... after all, you know your child better than anyone.

Your child may benefit from OT support if they are showing any of the following:

- Difficulty with self care tasks beyond what is expected for their age. This includes
  - o Toileting (awareness, coordination, completing all the steps)
  - o Dressing including buttons and zips
  - o Washing hands, brushing teeth
  - o Extreme discomfort with haircutting and fingernail trims
  - o Difficulties using cutlery
- Limited food preferences
- Decreased willingness to try new foods
- Specific sensory needs such as
  - o putting hands over ears / startling with loud noises
  - o tantrums in the shopping centre
  - o anxious about going new places
  - o avoiding light touch
  - o seeking movement or crashing
  - o avoiding certain fabrics (eg: tags in clothes)
  - o smelling or licking / chewing nonfood items
  - o increased light sensitivity
- Difficulties with school
  - o Attention and concentration
  - o Unable to sit still
  - o Poor reading
  - o Poor handwriting or fine motor skills
  - o Letter reversals
- Decreased coordination or clumsiness
  - Difficulty learning new movement activities
  - Avoiding movement activities

See our Free Fact Sheets for more information on these areas or contact us today!