



OCCUPATIONAL THERAPY SCREENING TOOL

This is meant to be a quick screening tool to help parents and professionals determine which kids may benefit from OT services when considering referral. It is therefore meant merely as a guide and is not extensive. Contact us directly for further discussion.

Self Care:

My child has difficulty with **dressing**:

- Is not independent
- Difficulty with fasteners
- Difficulty orienting clothing
- Difficulty learning to tie shoelaces
- May benefit from some adapted techniques or assistive equipment

My child is having difficulty with **toileting**:

- I am have questions about promoting toileting readiness as I think my child should already be potty trained or interested in the potty based on age.
- Positioning
- Understanding and following the routine
- Afraid of the sounds or environment- sensory differences?

My child's progression for eating and drinking and self **feeding skills** is a concern:

- Difficulty progressing eating skills and independence
- Our family needs support to transition from tube feeds
- Our family needs support around positioning (for increased support or prevention of reflux)
- Limited diet (not due to allergies)
- Sensory sensitivities (colour, texture, temperature, smell)
- Difficulties with grasp – finger foods and learning to use utensils
- Difficulty progressing to cup drinking

- Poor oral motor skills- gagging on foods or drink, difficulties progressing to more mature textures, drooling, food loss when eating
- Difficulties with the suck-swallow-breath for breast or bottle feeding
- My child is always mouthing, chewing or bites items and seems to be past the typical oral exploratory phase

Hygiene:

- Difficulty independently washing hands
- Unaware of messy face or of social norms for blowing and picking nose, washing, deodorant etc.

Will not tolerate

- Tooth brushing
- Hair brushing or blow dryer
- Face washing
- Bath or shower

Sleep:

- My child has difficulty getting to sleep despite use of typical sleep hygiene practices

Productivity:

Foundations:

- My child has difficulty crossing the midline of their body
- I am concerned about the development of hand dominance for my child
- My child has difficulty using two hands together
- My child seems to have weak hands and arms
- My child seems to have weak core strength
- My child is easily distractible. More than his/her peers and this is impacting learning and play
- Positioning- desk, table etc.

Printing/Drawing/Colouring:

- My child is not interested or avoids art tasks or using crayons or pencils
- My child has difficulty holding a pencil, pen or crayon
- Positioning for desk
- I think my child may have visual perceptual challenges

- My younger child is having difficulty learning to colour in the lines and use different strokes
- My child is not yet able to draw a person or animal with 3-5 parts and I think they should be able to by now.
- My child is having difficulty drawing simple shapes

- My child is having difficulty learning to print or is not learning at the same rate as peers
- My child is having difficulty learning to write their name

- My older child has difficulty keeping up with his peers in class when writing (speed of written output)
- My older child has difficulties with the legibility of their writing
- My child is having difficulty copying off the board
- My older child has difficulty organizing information on the page (letters on line, completing worksheets with lots of information on them, where name and date go etc.)
- My older child is having difficulty learning handwriting

Scissor Skills:

- My child does not hold scissors efficiently or can't figure out how to use them
- My child avoids using scissors despite previous interest in them
- My child cannot make simple snips or cut out a line and their peers can
- My child is having difficulty learning to cut- simple shapes, changing directions etc.

LEISURE: PLAY & PARTICIPATING:

- My child is having difficulty remaining seated to complete table top tasks
- My child's teacher or preschool teacher indicates my child is having difficulty sitting still or remaining focused in circle time
- My child needs adult assistance to follow classroom routines and transitions
- My child has difficulty transitioning between activities and tasks
- My child has difficulty with personal place such as keeping hands to his/herself or in lines
- My child cannot tolerate or melts down in busy or overwhelming sensory environments (i.e. overwhelming places, assemblies, fire alarms)
- My child had real difficulties when unexpected changes in daily routine occur (i.e. the morning welcome routine is changed, the child isn't aware there will be supply teacher at school, you don't have the cereal he/she eats every day etc.)
- My child's play skills are not at the place close to peers
- My child has difficulty with social skills and has difficulty making friends
- My child has difficulty when out in the community (bus rides, restaurants, library, pool)
- My child has difficulty following directions

Gross Motor

- My child bumps in to things
- My child falls frequently
- My child seems to have poor body awareness
- My child is having difficulty learning gross motor skills despite practice and experience
- I am concerned about the range of motion my child has- it seems to be impacting how they perform their daily tasks and play.
- My child is a mover and this is impacting his ability to play, learn or remain on a task
- My child wanders around the room and has difficulty figuring out what to do without adult help
- When I watch my child and compare what he/she can do compared to similar aged peers I am concerned about their development (ball skills, games, coordination, jumping, keeping up when running with peers.
- I am looking for support to modify tasks or with adaptive equipment for a child with physical or cognitive or learning differences to optimize participation and success
- My child has no problem playing with me, but his teachers report when he is in the gym he has difficulty participating
- My child avoids playing with certain equipment in the park or certain games
- I feel my child's motor challenges are impacting their self esteem

