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PEDIATRICS

# How Do I Know if My Child May Benefit from OT?

Occupational therapy (OT) can help children improve motor, social, sensory processing, play, and cognitive skills. OTs are trained to break down activities and routines into their most basic skills, which allows them to discover the skillsets needed of the child in order to create an individualized treatment plan.

Here is a list of routines and common family struggles with which OT can help:

## SLEEP

- Child struggles to fall asleep in own bed/crib/room
- Child wakes up in the middle of the night multiple times + struggles to fall back asleep
- Child has trouble napping during the day + seems overtired
- Child sleeps during the day + is awake for most of the night

## FEEDING

- Child struggles to use utensils
- Child only eats a few foods
- Child only eats one type/texture of food
- Child only drinks from a bottle + is struggling to transition to a sippy cup
- Child refuses to self-feed
- Child refuses to touch food
- Baby is having difficulty latching for breastfeeding
- Baby is having difficulty taking a bottle
- Baby/child frequently chokes or gags during mealtime

## DRESSING

- Child struggles to take off loose clothing
- Child does not help when getting dressed (e.g., put hands up when putting shirt on)
- Child is struggling with unzipping coat or pulling up pants/zipper on pants

## PLAY

- Child struggles to engage with toys in an appropriate way
- Child does not seem interested in toys for their age
- Child is unable to use multiple toys for their intended use
- Child struggles to pick up + manipulate toys with hands
- Child struggles to play with or around other children

## TRANSITIONS

- Child has frequent meltdowns when it is time to end one activity + move onto another

## SENSORY

- Child has frequent meltdowns in stores, restaurants, and/or parks
- Child seems picky about food textures they touch with hands
- Child hates getting face + hands messy
- Child has difficulty wearing shoes
- Child frequently walks on tippy toes
- Child frequently spins self around or climbs onto furniture, etc.
- Child has meltdowns when environment is too loud or too “busy”
- Child enjoys watching spinning or moving objects for long periods of time
- Child seems hyperactive most of the day + struggles to calm down

This list is simply a guide, as there are countless additional areas OT can help address.

To explore therapy options for your child, talk to your pediatrician.

*Specialized Therapy to Help the Smallest Among Us Reach Their Full Potential*



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