



Signs That Your Child May Benefit from an Evaluation with an Occupational Therapist

Occupational Therapy/Sensory Processing

Sensory Processing

- Poor eye contact
- Easily distractible/poor attention span
- Overly sensitive to light, smells, or everyday sounds (i.e. blender, vacuum, school bell)
- Is a picky eater
- Prefers only one substance of food (soft or crunchy)
- Licks, sucks, or chew non-food items after 18 months
- Chokes or vomits while eating
- Has trouble following directions
- Slow to respond to his/her own name
- Is distracted by background sounds
- Is overly sensitive to tags in clothing, twisted socks, or certain fabrics
- Walks on toes
- Refuses to walk barefoot on various textures (carpet, grass, tile)
- Dislikes messy hands or face
- Avoids being hugged/touched
- Has abnormally high or low pain tolerance
- Enjoys climbing and jumping off of things to the extreme
- Does not like to have head tilted backward (as in hair washing)
- Gets car sick easily
- Enjoys swinging and spinning to the extreme
- Is very clumsy or awkward
- Has frequent tantrums or meltdowns
- Has difficulty making friends or prefers to play alone
- Has poor self-esteem, says "I can't" a lot
- Does not like haircuts or getting nails trimmed

