



WOULD MY CHILD BENEFIT FROM OCCUPATIONAL THERAPY (OT)?

North Shore Pediatric Therapy

What is OT?

Occupational therapists help people participate in their daily lives and everyday activities, based on the client's personal interests and needs (AOTA).

Self-Regulation

If your child has any of the following:

- Frequent meltdowns
- Difficulty calming down
- Problems getting through a school day
- Difficulty focusing throughout the duration of a task
- Seeming "out of control"
- Having difficulty moving between two activities
- Disliking changes in routine

...they may benefit from an occupational therapy evaluation.

Fine Motor Skills

If your child has any of the following:

- Difficulty grasping writing utensils
 - Handwriting that is difficult to read
 - Complaints of hands getting tired while working
 - Difficulty with buttons, snaps, or zippers
 - Difficulty cutting using scissors
- ...they may benefit from an occupational therapy evaluation.

Sensory Processing

If your child has any of the following:

- Low tolerance of loud noises
- Clumsy or runs into things often
- Very particular about clothing
- Aversion to many foods
- Speaks very loudly

...they may benefit from an occupational therapy evaluation.