



# WHO WOULD BENEFIT FROM OCCUPATIONAL THERAPY?

Below are examples that indicate OT could be a good fit for a child:

- Struggles with transitions or entering new environments.
- Sensitivity to sounds, textures (clothing, food, etc.) or other sensations (swinging, sliding, showering, hair brushing or hair cutting).
- Hard time with regulating their emotions or actions.
- Difficulty with impulse control or becomes angry/upset more easily than you might expect for their age.
- Seeks deep pressure, excessive movement, tactile input, or auditory input.
- Difficulty controlling and grading movements for handwriting, feeding self, or other tasks involving their hands.
- Have a hard time falling or staying asleep.
- Delay or differences in play or social skills.
- Difficulty with planning sequenced activities or tasks.
- Difficulty with self-care tasks such as dressing, feeding, toilet training, or grooming themselves.
- Could be described as overly 'clumsy'.
- Challenges with larger movements of the body (running, jumping, walking, etc.)



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