

## iLs Checklist

**Instructions:** This Checklist is intended to help parents assess their child's, or their own, progress after completing an iLs program. We recommend covering up the pre-program scores when filling in the post-program column. Improvement is indicated by lower totals.

0-does not apply   1-rarely   2-often   3- always

Pre-Program	SENSORY & SENSORY-MOTOR	Post-Program
	Bothered by textures on body face or hands, having nails cut, hair combed	
	Bothered by background noise, loud, unexpected sounds	
	Avoids movement activities (swings, climbing, playground activities)	
	Doesn't feel pain, doesn't notice when touched	
	Avoids eye contact	
	Unaware of body sensations such as hunger, hot or cold or need to use toilet	
	Doesn't seem to notice sensory stimuli (smells, noisy crowded places)	
	Constantly on the move, seeks intense crashing or rough play	
	Has difficulty sitting still, wiggles a lot, esp if trying to pay attention	
	Makes disruptive noises or sounds	
	Has poor balance and fall easily, avoids balance-related activities (bike riding)	
	Has poor endurance, is weak and gets tired easily, avoids physical activity	
	Slumps when sits in a chair or on the floor, uses arms/hands to support self	
	Difficulty learning new motor activities or those that require more than one step	
	Clumsy, awkward, or accident prone, tripping or bumping into people or objects	
	Difficulty organizing personal spaces or takes a long time to perform daily life tasks	
	Struggles with fine motor skills, like handwriting	
	Dislikes or avoids group sports	
	Difficulty with visual pursuits: often loses place , eyes skip one or more lines	
	Cannot follow directions in a noisy environment	
	Has difficulty completing puzzles	
	Has difficulty identifying and distinguishing between different sounds or letters	
	Has difficulty judging force required for a task	
	Cannot find pictures hidden in background	
	Difficulty finding number or words on page esp. during math or reading tasks	
	<b>TOTAL</b>	

**REMINDERS** to realize maximum benefit from the iLs Program:

- Keep to your listening schedule
- Limit sugar intake, eat as many unprocessed foods (fruits, veggies, grains) as possible
- Limit TV and video usage as much as possible; no more than 1-2 hours per day
- Emphasize exercise every day – it improves sleep, attention, appetite, and happiness!