

## WOULD YOUR CHILD BENEFIT FROM AN OCCUPATIONAL THERAPY ASSESSMENT?

These questions are not exhaustive and your child does not need to struggle with all of the tasks to have an assessment. These are only indicators that your child may benefit from an assessment.

### SENSORY PROCESSING

#### Does your child:

- Struggle with having their hair or teeth brushed?
- Dislike certain clothes and materials?
- Avoid new foods and is considered to be a picky eater?
- Regularly break things accidentally and is 'heavy handed'?
- Struggle to sit still?

### FINE MOTOR SKILLS

#### Does your child:

- Struggle with handwriting and drawing?
- Have an unusual pencil grip?
- Have difficulty uses tools such as scissors and rulers?
- Have difficulty with doing zips and small buttons?
- Struggle to tie their shoe laces (7 years +)?

### GROSS MOTOR SKILLS

#### Does your child:

- Always seem to fall over when running?
- Avoid PE or going on equipment at the park?
- Struggle with balance and riding a bike?
- Seem to have poor coordination?
- Struggle throwing and catching a ball?

### EMOTIONAL REGUALTION

#### Does you child:

- Have a short fuse?
- Escalated from 0-10 very quickly?
- Struggle to control their emotions?
- Hit out when stressed or in distress?
- Take a long time to calm?

### ACTIVITIES OF DAILY LIVING

#### Does your child:

- Have difficulty washing in the correct order?
- Struggle to dress and put clothes on the correct way?
- Struggle using a knife and fork?
- Lack age appropriate organisation skills?
- Require support to manage toileting routine and hygiene?

If you feel that your child has some of the difficulties identified above,  
contact Crossroads to discuss a referral.



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