

# Who Needs Pediatric Occupational Therapy?



## Children who struggle with (but not limited to):

### Fine Motor Skills

Tasks that use the smaller muscles in the hand, such as:

- Hand fatigue
- Handwriting
- Proper pencil grasp
- Using scissors
- Manipulation of small objects
- Pressing too hard/light on paper when coloring

### Self-Care

- Dressing
- Grooming
- Independently toileting
- Drinking from a cup
- Manipulating fasteners (zippers or buttons)
- Putting on coat and shoes
- Self-feeding using utensils
- Drinking from a straw

### Visual Motor Skills

- Playing with puzzles
- Playing with sorters and blocks
- Playing with cause/effect toys
- Staying inside the lines when coloring
- Tying shoes
- Catching/kicking/hitting a ball
- Copying (the board at school)

### Sensory Integration

- Easily startled by sudden noises
- Bothered by bright light
- Refusing to try new foods
- Often fidgeting
- Constantly moving
- Plays rough
- Takes physical risks
- High tolerance to pain
- No understanding of personal space
- Clumsy and uncoordinated
- Easily overwhelmed by places and people

**Occupational Therapists** improve a child's sensory integration and regulation through a variety of play from swinging to crawling in order to strengthen the body and organize the child's central nervous system; thereby, increasing the child's attention, auditory regulation, emotional regulation and decreasing their tactile defensiveness.