

# Why Would My Child Need a Pediatric Occupational Therapist?

In Home Services in Scottsdale, AZ + Surrounding Areas • Text or Call 480-269-0173



## Difficulty with Feeding or Eating Habits

- Avoids trying new foods or textures, leading to a limited diet
- Struggles with chewing or swallowing food safely
- Has a hard time sitting through meals due to sensory sensitivities
- Over-reliance on bottles or purees beyond age-appropriate milestones

## Delayed Fine Motor Development

- Trouble grasping or holding toys, utensils, or small objects
- Difficulty coordinating hands to play, stack blocks, or manipulate small items
- Avoids drawing, scribbling, or using both hands together
- Unable to bring hands to midline or use hands effectively for play



## Struggles with Sensory Processing

- Overreacts to loud noises, textures, or bright lights
- Avoids certain clothing, messy play, or new sensory experiences
- Appears easily overwhelmed in crowded or noisy environments
- Difficulty calming down after overstimulation or new activities

## Delays in Self-Care Skills

- Trouble learning to (un)dress, such as putting on socks or zipping
- Difficulty holding utensils for self-feeding or managing a cup without spilling
- Struggles with basic hygiene, such as washing hands or brushing teeth
- Delayed ability to manage toilet training tasks independently



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## Limited Play or Social Engagement

- Prefers solitary play or avoids interactive games with peers
- Shows little interest in pretend play, building, or creative activities
- Avoids toys requiring fine motor skills, such as puzzles or stacking blocks
- Difficulty following simple routines or turn-taking in play

## Poor Coordination or Postural Control

- Falls frequently, bumps into objects, or appears clumsy during movement
- Difficulty maintaining balance while sitting, crawling, or standing
- Avoids physical activities like climbing, jumping, or riding a tricycle
- Trouble stabilizing the body during age-appropriate play or tasks



## Trouble with Emotional Regulation

- Overreacts to minor frustrations or sensory input
- Frequent meltdowns or difficulty calming down when upset
- Avoids trying new tasks or becomes frustrated easily
- Struggles to transition between activities or routines

## Handwriting or Pre-Writing Difficulties

- Poor pencil grip or difficulty controlling crayons, markers or pencils
- Struggles to draw shapes, trace lines, or form letters
- Frustrated by tasks that require writing or drawing
- Letters or shapes appear poorly spaced, faint, or difficult to recognize

