

# How Can Occupational Therapy Help My Child?

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



## Challenges with Sensory Processing

Some kids feel overwhelmed or under-stimulated by sights, sounds, textures, or movement. This can look like:

- Avoiding messy play or loud places
- Covering ears or refusing certain clothes/textures
- Constant movement or crashing into things
- Frequent meltdowns or difficulty calming down

OT helps kids understand and manage their sensory world so they can feel safe, calm, and successful in everyday routines.

## Delayed Fine Motor Skills

Fine motor skills help kids eat, write, dress, and play. Your child may need OT if they:

- Struggle with crayons, scissors, or buttons
- Avoid coloring, crafts, or Legos
- Tire quickly or say their hands hurt

OT builds hand strength, coordination, and confidence through fun, skill-building activities.



## Low Motivation to Move or Explore

Early movement builds strength and brain development. Signs your child may need support:

- Limited tummy time, rolling, or reaching
- Appears “floppy,” “stiff,” or avoids movement
- Cries when encouraged to move or explore

OT supports safe, playful movement to help children engage and grow.

## Delayed Standing, Walking, or Toe Walking

Movement milestones matter! Watch for:

- Not standing with help by 12 months
- Not walking by 15–18 months
- Toe-walking more than 50% of the time
- Prefers baby gear (containers/swings) over floor play

OT improves balance, posture, and body awareness to support confident movement.

