

# When To Refer To Pediatric Occupational Therapy

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 everyday sights, sounds, and touch. OT helps them feel safe, calm, and confident in daily routines.

- Avoids messy play or noisy places
- Constant movement or crashing into things
- Covers ears/refuses certain textures
- Frequent meltdowns or difficulty calming

## Delayed Fine Motor Skills

OT can help strengthen little hands through fun, skill-building activities.

- Trouble using crayons, scissors, or small toys
- Avoids coloring, crafts, or Legos
- Tires quickly or says hands hurt



## Difficulty with Self-Care

When daily routines feel too hard, OT provides strategies so kids can be more independent and successful.

- Struggles with dressing, buttons, or zippers
- Difficulty feeding self or using utensils
- Trouble with brushing teeth or other hygiene tasks

## Trouble with Coordination or Participation

When movement challenges impact confidence, OT helps kids build balance, strength, and body awareness for play and learning.

- Falls often or seems clumsy
- Avoids playground or group activities
- Struggles with handwriting, puzzles, or play skills

