



## RED FLAGS

### When to get help from an Occupational Therapist

**Delayed Fine Motor Skills** (skills requiring use of small muscles in the hand) – **Difficulty with:** playing with age-appropriate toys;



- Toys that have multiple or small pieces;
- Handwriting (poor handwriting);
- Self-feeding with a utensil;
- Poor eye-hand coordination.

**Delayed Gross Motor Skills** (skills requiring large-muscle coordination)

**Difficulty with:**

- walking, running, stairs etc.
  - balance (trips easily or is unable to stand on one foot);
  - has difficulty catching or kicking a ball
- or has skipped developmental milestones, such as rolling, sitting, crawling, walking, running, jumping, or climbing stairs;



**Lack of Attention –**



- Difficulty with:** maintaining attention in class or to a conversation;
- is fidgety or has difficulty staying seated for any length of time;
  - has difficulty remembering things mentioned

**Hyperactivity** – is impulsive and always seems to be in “turbo speed”;

**Difficulty with:** keeping hands off of nearby people and things



**Visual Scanning Problems –**

- Difficulty with:** reading a line of text without skipping to another line;
- has difficulty copying information from the board at school;
  - slow to find hidden objects in a picture or words in a word search



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### Visual-Perception Problems –

- Difficulty with:** judging spatial distances between self and objects;
- taking note of details or distinguishing features of an object;
  - puzzles or copying shape designs



### Sensory Concerns –



- can **over or under react** to certain stimuli of the senses. May scream and run when the fire alarm sounds, or parents have reported child is very upset in the car wash. Other sensitivities include: sounds, movement, heights, touching and being touched, types of clothing, food textures, etc (could strongly desire the input or resist it);
- **difficulty** following multiple-step instructions

### Poor Body Awareness – may be seen as “clumsy”;

- may **run into things** often or **break things**;
- may appear **disheveled** with shoes untied, clothing not adjusted properly, food on face or shirt, etc.



### Feeding problems –



- Difficulty with:** difficulty chewing or swallowing;
- holds food in cheeks; picky or messy eater;
  - has poor postural control and/or difficulty holding and using eating utensils

### Delayed Self-care Skills -

- Difficulty with:** age-appropriate dressing, feeding, personal hygiene, or toileting

### Poor Social Skills –

- Difficulty with:** making or keeping friends,
- play skills or sportsmanship, can be aggressive, frustration tolerance, low self-esteem,
- reading social cues or others’ body language

If you have concerns about any children in your class. Call or email [Shalmin](#). Details below

