**Signs That Your Child May Benefit from an Evaluation with an Occupational Therapist**

Occupational Therapy/Sensory Processing

**Sensory Processing**

* Poor eye contact
* Easily distractible/poor attention span
* Overly sensitive to light, smells, or everyday sounds (i.e. blender, vacuum, school bell)
* Is a picky eater
* Prefers only one substance of food (soft or crunchy)
* Licks, sucks, or chew non-food items after 18 months
* Chokes or vomits while eating
* Has trouble following directions
* Slow to respond to his/her own name
* Is distracted by background sounds
* Is overly sensitive to tags in clothing, twisted socks, or certain fabrics
* Walks on toes
* Refuses to walk barefoot on various textures (carpet, grass, tile)
* Dislikes messy hands or face
* Avoids being hugged/touched
* Has abnormally high or low pain tolerance
* Enjoys climbing and jumping off of thing to the extreme
* Does not like to have head tilted backward (as in hair washing)
* Gets car sick easily
* Enjoys swinging and spinning to the extreme
* Is very clumsy or awkward
* Has frequent tantrums or meltdowns
* Has difficulty making friends or prefers to play alone
* Has poor self-esteem, says “I can’t” a lot
* Does not like haircuts or getting nails trimmed