Swell Kids

5 Signs

Your Child May Benefit From OT

Every child develops at their own pace, but sometimes, a little extra support can make everyday activities that much easier.

1 EVERY DAY TASKS FEEL REALLY DIFFICULT

Dressing · Utensil Use · Brushing Teeth · Toileting · Completing Buttons, Zippers, or Shoes

2 FINE MOTOR TASKS ARE FRUSTRATING

Coloring · Drawing · Scissors · Pencil / Crayon Use · Blocks or Small Toys

3 YOUR CHILD SEEMS EASILY OVERWHELMED

Sounds · Crowds · Touch · Movement · Textures · Seeking or Avoiding Sensory Input · Picky / Restrictive Eating

4 TRANSITIONS & BIG FEELINGS ARE DIFFICULT

Frequent Meltdowns · Changes in Routine · Moving Between Activities · Calming After Upset

5 YOU JUST FEEL LIKE SOMETHING ISN'T QUITE RIGHT

Your child may avoid activities, struggle more than peers with routines, or need more help than expected.

What Can OT Do?

An OT evaluation can help determine whether additional support may be beneficial. An evaluation doesn't automatically mean your child needs ongoing therapy—sometimes families simply need additional information, simple home-based strategies, and reassurance.

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