



Dear Parents and Teachers,

We are excited to join the Sacred Heart Team as occupational therapists! Our role is to collaborate with teachers to identify children who could benefit from therapy to improve handwriting, fine motor and/or sensory processing skills.

How do I know if a student needs occupational therapy services?

- ___ 1. Has poor handwriting legibility
 - Dislikes handwriting. Avoids writing tasks.
 - Tires quickly during written class work.
 - Holds pencil with an awkward grasp.
 - Has difficulty coloring in the lines.
- ___ 2. Low muscle tone; tends to lean on arms or slumps at desk.
- ___ 3. Needs more practice than other children to learn new skills.
- ___ 4. Reverses letters such as *b* and *d*; can't space letters on the lines.
- ___ 5. Breaks pencils frequently, writes with heavy pressure or too lightly.
- ___ 6. Does not enjoy jumping, swings or having feet off the ground.
- ___ 7. Difficulty focusing attention or over-focused and unable to shift to the next task.
- ___ 8. Difficulty paying attention or following instructions.
- ___ 9. Overly active, unable to slow down.
- ___ 10. Poor self-esteem, lack of confidence.
- ___ 11. Over-reacts to touch, taste, sounds, or odors
- ___ 12. Avoids physical education or sports activities. Seems less coordinated than same age peers.
- ___ 13. Finds it difficult to make friends with children of the same age, prefers to play with adults or younger children rather than peers.
- ___ 14. Difficulty following several step instructions for motor tasks.

If your student is experiencing 3 or more of these problems on this checklist, occupational therapy intervention may be helpful.

If you have any questions, please contact your teacher or E-mail: jessica@steppingstones-ot.com . Visit www.steppingstones-ot.com to learn more.

Sincerely,
Jessica McMurdie OTR/L and Alexa Anderson OTR/L