

## **Indicators for an Occupational Therapy Referral**

### **Motor issues that would alert a need for a referral:**

1. Child who has significant weakness in upper trunk and shoulders and is unable to prop on forearms in prone to lift head and look at toys and people by 4 months
2. Child who does not have head control and/or trunk control to reach with arms to interact with toys appropriate for age after 4 months.
3. Child who has atypical muscle tone which limits ability to use head, eyes, and/or hands together to explore environment.
4. Child is unable to use both hands together to hold bottle or cup and/or reach/play with toys by 10-12 months OR string beads, put Legos together, etc. by age 2 ½.
5. Child who lacks motor coordination to take off/ put on clothing items by age 3.
6. Child who lacks motor coordination to finger feed by 10 months and to spoon feed by 20 months.

### **Sensory issues that alert a need for a referral:**

1. Child has difficulty establishing a sleep/wake cycle or self-regulation skills.
2. An infant or child who is irritable and does not adapt to environmental changes or cannot calm.
3. Child has difficulty using his vision and motor skills together (e.g. scoop food onto spoon and locate mouth, catch and throw a ball, move about environment without running into things after age 2).
4. Child who cannot keep up in play situations with other children, or sits in the corner by himself instead of playing (after age 2). May seem confused or overwhelmed in play. Appears to have difficulty knowing how to play with toys or motor planning new toys, may break toys (after age 2).
5. Child who seems unaware of others and/or their environment. Makes no attempt to engage in social interaction and/or shows poor eye contact.
6. Child who is under or over sensitive to touch, movement, and/or sounds. For example, a child who is sensitive to texture of clothing, has a significant intolerance to bathing or tooth brushing, fearful of playground equipment (having feet off ground), or shows no safety awareness (after 2 years), overwhelmed by sounds in his/her environment or easily becomes upset by changes in routine.

### **Feeding issues that alert a need for a referral:**

1. Child demonstrates an inability to accept any table food solids by 12 months
2. Child has not weaned off most/all baby foods by 16 months
3. Child has gags at the sight of unfamiliar or undesired foods
4. Child shows aversion/avoidance of all foods in a specific texture or food group
5. Food range is less than 20 foods, especially if foods are being dropped

**Occupational Therapy**  
**Fine Motor and Visual Motor Development**

<p><u>4 Months</u></p> <ul style="list-style-type: none"> <li>• Grasps rattle</li> <li>• Tracks objects 180 degrees in supported sitting</li> <li>• Swipes at objects while laying on back</li> <li>• Looks at hands</li> <li>• Lifts and holds head up while lying on stomach</li> </ul>	<p><u>2-3 Years</u></p> <ul style="list-style-type: none"> <li>• Turns pages of a book one at a time</li> <li>• Strings beads</li> <li>• Builds tower with 5-8 blocks using a controlled release</li> <li>• Assists with pulling pants up</li> <li>• Removes elastic waist long pants</li> <li>• Removes untied shoes</li> <li>• Drinks from an open cup independently with 2 hands</li> <li>• Uses spoon well to feed self</li> <li>• Able to use fork</li> </ul>
<p><u>6 Months</u></p> <ul style="list-style-type: none"> <li>• Brief grasp of rattles up to a minute</li> <li>• Engages in shaking and banging play</li> <li>• Strong hand-to-mouth pattern; brings toys to mouth</li> <li>• Beginning to sit independently</li> </ul>	<p><u>3-4 Years</u></p> <ul style="list-style-type: none"> <li>• Opens door by turning doorknob</li> <li>• Copies circle and simple block design</li> <li>• Snips paper with scissors</li> <li>• Assists with tooth brushing</li> <li>• Shows hand preference</li> <li>• With some assistance, will dress and undress self</li> </ul>
<p><u>9 Months</u></p> <ul style="list-style-type: none"> <li>• Maintains grasp of rattles for extended periods of time</li> <li>• Transfer toy from hand to hand</li> <li>• Independently holds bottle</li> <li>• Begins finger feeding larger food items (i.e. teething biscuits)</li> </ul>	<p><u>4-5 Years</u></p> <ul style="list-style-type: none"> <li>• Copies square</li> <li>• Use a tripod grasp to hold writing utensils</li> <li>• Cuts paper with scissors</li> <li>• Completely dresses self</li> </ul>
<p><u>12 Months</u></p> <ul style="list-style-type: none"> <li>• One hand holds, opposite hand manipulates objects</li> <li>• Finger feeds proficiently with pincer grasp</li> <li>• Begins drinking from sippy cup</li> <li>• Begins to remove socks playfully</li> <li>• Begins releasing items into a container</li> <li>• Eyes move independently from head to track objects</li> <li>• Clap hands</li> <li>• Inverts container to dump contents</li> </ul>	<p><u>5-6 Years</u></p> <ul style="list-style-type: none"> <li>• Ties shoes</li> <li>• Fastens buttons</li> <li>• Colors within the lines</li> <li>• Brushes teeth independently</li> <li>• Independent in toileting, may not wipe thoroughly</li> </ul>