



Pediatric Therapy Network

## Developmental Checklist for Preschoolers (3 to 4 years of age)

If your child has difficulty with three or more criteria listed below, it is recommended that you contact Joan Surfus, OTD, OTR/L, SWC at 310.328.0276 x524 to discuss the need for further assessment.

### Fine Motor Development Challenges

- ◇ Holds utensils awkwardly, with difficulty, or frequently drops utensils (i.e. spoon, crayon)?
- ◇ Avoids crossing midline?
- ◇ Frequently switches hands during craft activities or when eating?
- ◇ Manipulating objects that require the use of two hands?
- ◇ Moves tongue or mouth excessively when working with their hands?
- ◇ Grasps items too loosely or too tightly for the task?
- ◇ Dislikes coloring, cutting, or drawing?

### Gross Motor Development Challenges

- ◇ Appears clumsy or accident prone (frequently falls, trips, bumps into things, seems off balance)?
- ◇ Tires easily?
- ◇ Learning new motor patterns (i.e. peddling feet to ride a tricycle)?
- ◇ Awkward walking or running pattern?
- ◇ Poor posture?
- ◇ Loose or floppy (low muscle tone)?
- ◇ Catching or throwing different sized balls?
- ◇ Sitting still; appears fidgety?
- ◇ Reluctant to participate in physical activities (i.e. sports)?
- ◇ Jumping or hopping on one leg?
- ◇ Balancing on one leg?
- ◇ Ascending/descending stairs without a rail?

### Visual Development Challenges

- ◇ Discriminating or recognizing items as same or different?
- ◇ Following a moving object (i.e. ball)?
- ◇ Keeping their gaze on still objects?
- ◇ Sensitive to light, preferring dark or dim lighting?
- ◇ Has a diagnosed visual problem?
- ◇ Becomes excited watching certain types of visual stimuli?
- ◇ Holds books or toys too close to their face or eyes?
- ◇ Leaves more space uncolored or adds less detail to a picture than peers?
- ◇ Often looks at items out of the corner of their eye or tilt their head?

### Oral Motor Development Challenges

- ◇ Tends to be a picky eater or reacts adversely to common foods?
- ◇ Gags or becomes distressed when smelling or presented with certain foods?
- ◇ Has difficulty coordinating chewing and swallowing, or a suck/swallow/breath pattern?
- ◇ Drools (past the age of 2)?
- ◇ Overstuffs food into their mouth?
- ◇ Tends to crave certain foods?
- ◇ Inappropriately puts non-food items into their mouth?

### Tactile Development Challenges

- ◇ Over or under reacts to pain compared to peers, or seems unaware of cuts or bruises?
- ◇ Avoids or craves messy activities more than other children?
- ◇ Appears sensitive to certain textures or fabrics?
- ◇ Dislikes being touched?
- ◇ Seeks out rough play with peers, frequently crashing or bumping?
- ◇ Appears unaware of the personal space of others?
- ◇ Appears unaware of food on their face or of a runny nose?
- ◇ Avoids or craves going barefoot?
- ◇ Has difficulty with or doesn't seem to notice temperature changes (i.e. seasons, going inside)?
- ◇ Avoids small toys or manipulatives?
- ◇ Frequently drops or has too loose of a grasp on feeding utensils or crayons?

### Vestibular Development Challenges

- ◇ Falls frequently?
- ◇ Has poor balance in everyday tasks?
- ◇ Gets car or motion sickness easily?
- ◇ Fears or seeks out swinging, sliding, stairs, or other activities requiring balance?
- ◇ Gets dizzy easily/never seems to get dizzy?
- ◇ Enjoys twirling, spinning, or rocking more than other children?
- ◇ Poor endurance for standing or sitting, or needs movement to sustain these tasks?
- ◇ Dislikes being picked up or touched more than other children?

### Speech and Language Challenges

- ◇ Speech is difficult to understand?
- ◇ Answering or responding to simple questions?
- ◇ Rarely carries on a conversation?
- ◇ Appears not to hear when their name is called upon?
- ◇ Infrequently makes eye contact with peers and adults?
- ◇ Uses nonverbal gestures instead of words?
- ◇ Appears lost or disinterested when someone is talking to them?
- ◇ Saying words that others can understand?

### Auditory Development Challenges

- ◇ Seems distracted by sounds, especially those that others don't seem to notice?
- ◇ Seems overly sensitive to mildly loud noises?
- ◇ Has a history of repeated ear infections?
- ◇ Has a delay in speech development?
- ◇ Hums, sings, or chatters to themselves during independent play or quiet times?
- ◇ Paying attention or listening to simple instructions?
- ◇ Appears to have difficulty determining the location of sounds?
- ◇ Appears easily distracted by sounds that seem to go unnoticed by others?

### Attention and Behavior Challenges

- ◇ Organizing toys or materials?
- ◇ Needs more verbal cuing to complete age appropriate tasks than others?
- ◇ Short attention span?
- ◇ Transitioning from one task to another?
- ◇ Aggressive or impulsive behavior?
- ◇ Easily frustrated?
- ◇ Expressing needs or wants?
- ◇ Dislikes puzzles or building with blocks?

### Social and Emotional Challenges

- ◇ Socializing with others?
- ◇ Prefers to play alone; has difficulty with peers?
- ◇ Remaining in group situations?
- ◇ Easily gets frustrated or upset, and takes an unusually long amount of time to calm down?
- ◇ Outbursts or meltdowns?
- ◇ Going to new places in the community?
- ◇ Sharing?