



IDENTIFYING SENSORY CHALLENGES

Recognizing Sensory Processing Disorder

Identifying sensory-based challenges in your child can be difficult, requiring a lot of observation to determine causes of the distress or behavior. This checklist can help parents identify some of the most common sensory-based characteristics in your child.

Parents/Teachers: Present this completed checklist to therapy, health care, or other service professionals to assist in proper identification and coordination of specialized services for your child.

| Behavior Observed | Often | Sometimes | Rarely/Never | Comments: <i>when, why, and where behavior occurred</i> |
|---|-------|-----------|--------------|---|
| Shows distress at loud or unexpected sounds. | | | | |
| Likes to cause certain sounds or makes unusual noises to self. | | | | |
| Avoids or dislikes getting hands messy. | | | | |
| Avoids going barefoot on certain textures (grass, sand). | | | | |
| Toe walks. | | | | |
| Avoids wearing clothes of a certain fabric or complains about tags. | | | | |
| Overly sensitive to pain. | | | | |
| High pain tolerance. | | | | |
| Seems bothered by light (squints, closes eyes, cries). | | | | |
| Walk into objects or people as if they were not there. | | | | |
| Avoids a variety of food textures or craves one. | | | | |
| Especially active or always on the go. | | | | |
| Tend to fidget excessively. | | | | |
| Tend to lack carefulness and behaves impulsively. | | | | |
| Mouths objects or clothing often. Likes to taste non-food items. | | | | |
| Has difficulty judging how much strength to use (such as when petting animals, slamming doors, hard pressure on crayons). | | | | |
| Seems to crave being held or wrapped in blankets. | | | | |
| Spin or whirl more than other children. | | | | |
| Shows distress at smells that others do not notice. | | | | |
| Prefer to touch rather than be touched. | | | | |
| Has balance issues. | | | | |