

SENSORY DIFFERENCES CHECKLIST

Put a check mark next to items that describe your child.

These check marks **do not** indicate that there is anything wrong with your child.

It simply indicates that this may be an area where the child may have a sensory processing difference.

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My Child....

- has intense responses to daily life events
- is hypervigilant
- does not like to have his/her feet leave the ground
- is unaware of things going on around him/her
- has a low level of activity compared to peers
- has a delayed or reduced response to events
- has a high level of activity compared to peers
- has an insatiable drive for movement or other sensation
- has low awareness of risk taking
- has difficulty staying upright while doing tasks
- lays head down when doing schoolwork
- tires easily
- seems uncoordinated/bumps into everything
- has difficulty playing group sports
- cannot figure out what order to do things in
- struggled with toilet training
- seems over/under aware of need to eat
- has volatile emotional life
- has difficulty filtering out noise to hear what's important
- avoids certain textures of food or clothing
- wears clothes that are inappropriate for the season
- has low self confidence in certain environments
- has difficulty with social participation
- needs more help with daily life skills than other children

NOTES

Use this notes section to make observations specific to your child:

Are any of these sensory differences making it hard to function at home, at school, or in social situations? If so, use the checklist to start a conversation with your child's health care provider.

*Jorquera-Cabrera, S., Romero-Ayuso, D., Rodriguez-Gil, G., & Triviño-Juárez, J.M. (2017). Assessment of Sensory Processing Characteristics in Children between 3 and 11 Years Old: A Systematic Review. *Frontiers in Pediatrics*, 5, 57–57. <https://doi.org/10.3389/fped.2017.00057>

*Red flags for spd. <https://sensoryhealth.org/basic/red-flags-for-spd>.