



# SENSORY CHECKLIST

Child's name: \_\_\_\_\_ Completed By: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Date completed: \_\_\_\_\_

Please note an estimated number of times either per day, per week or per month that your child demonstrates any of the following behaviors. Please note in the comment box if you consider a behavior to be age-appropriate. If a box contains more than one option, please circle which describes your child.

My Child.....	Daily	Weekly	Monthly	N/A	Comments
<b>Oral Sensory System</b>					
Deliberately smells objects					
Bites self, others, objects					
Licks, sucks, chews non-food items past the age of 18 months					
Chews on shirt collar, sleeve, etc.					
Craves intense flavors (sour, spicy) and scents					
Is overly sensitive to odors					
Is a "picky eater"					
Refuses all but a few food choices					
Drools (when not teething)					
Has trouble chewing foods/tends to not chew before swallowing					

My Child.....	Daily	Weekly	Monthly	N/A	Comments
Is a messy eater/stuffs food into mouth					
Is unaware of food left on his lips					
<b>Tactile System</b>					
Has decreased awareness of pain/temperature					
Likes to be wrapped tightly in sheets/blankets or seeks tight spaces					
Is not aware of personal space					
Prefers to be barefoot					
Tends to not notice if hands, face, or clothes are messy					
Constantly touches objects/people					
As an infant, was unusually fussy, difficult to console, or easily startled					
Becomes irritated by tags in clothing					
Dislikes being hugged or held/cuddled					
Has difficulty standing in lines					
Reacts negatively to touch					
Resists grooming activities such as hair washing, cutting, tooth brushing, dentist					
Expresses distress with nail trimming, tooth brushing					
Avoids getting hands messy					

My Child.....	Daily	Weekly	Monthly	N/A	Comments
<b>Tactile System</b>					
Becomes upset if face is messy					
Strongly dislikes face washing and nose wiping					
Becomes upset if clothes or socks are twisted					
Is sensitive to certain fabrics					
Refuses to walk barefoot on various textures, i.e. grass, tile, carpet					
Has trouble with transitions					
Does not seem to notice if clothes or socks are twisted					
Tends to over react to pain					
<b>Vestibular System</b>					
Is always “on the go”					
Seeks movement activities, such as swinging, merry-go-rounds					
Becomes easily distracted by things occurring in the environment					
Likes being tipped upside down or lifted overhead					
Jumps on the bed or other surfaces					
Enjoys climbing					
Climbs at the risk of his own safety					

My Child.....	Daily	Weekly	Monthly	N/A	Comments
<b>Vestibular System</b>					
Rocks body front/back or side-to-side					
Seeks movement that interferes with daily activities					
Avoids activities that put head upside down					
As an infant, arched his back when moved to different positions					
Hesitates to climb or avoids playground equipment					
Becomes car sick easily/has motion sickness					
Becomes upset when head is tipped back (with a diaper change or with hair washing)					
Becomes anxious when feet leave the ground (picked up/tossed in the air)					
Has poor balance					
<b>Proprioceptive System</b>					
Seems to be aggressive/rough during play					
Craves rough play					
Crashes into people/objects intentionally					
Tends to break objects when playing with them; uses an inappropriate amount of force					
Bangs head					
Uses too much or too little force					

My Child.....	Daily	Weekly	Monthly	N/A	Comments
<b>Proprioceptive System</b>					
Bumps into things frequently					
Difficulty with fine motor tasks					
<b>Auditory System</b>					
Appears to be ignoring you, but hearing is fine					
Covers ears when hearing or anticipating certain sounds					
Responds negatively to sounds; becomes upset with sounds such as a vacuum, toilet, lawn mower, loud truck, dog barking, etc.					
Has difficulty following multi-step directions					
Uses a voice volume either too soft or too loud					
Is distracted in noisy environments					
Hears sounds that others tend not to hear					
Confuses similar sounding words or mispronounces words					
Asks you to repeat what you have said					
Has/Had delayed or immature speech patterns					
Tends to stutter or hesitate when speaking					
Has difficulty sequencing a story or describing an event					
<b>Visual System</b>					
Seeks out visual stimulation (watches spinning objects, spins self, intensely stares at objects)					

My Child.....	Daily	Weekly	Monthly	N/A	Comments
<b>Visual System</b>					
Has difficulty with reading, writing, spelling, and/or math					
Tends to reverse letters					
Has difficulty tracking a moving target without head movement					
Has poor eye contact					
Dislikes bright lights/squints or covers eyes					
Has difficulty finding objects in a complex background					
Becomes overstimulated by busy visual environment					
Has difficulty completing puzzles					
Demonstrates poor depth perception (difficulty with steps, stepping off a curb)					
<b>Multiple Sensory Systems</b>					
Appears to be oblivious to others/things occurring in the environment					
Has difficulty regulating sleep/wake cycle---settling for sleep, staying asleep, and waking without irritability					
Has low muscle tone/ is a “floppy kid”					
Fatigues easily/has poor endurance/seems weak					
Was delayed in achieving motor milestones such as rolling over, creeping, sitting, standing, or walking					

My Child.....	Daily	Weekly	Monthly	N/A	Comments
Multiple Sensory Systems					
Moves in quick bursts, rather than slow, sustained movements					
Tends to walk on toes					
Moves stiffly					
Is clumsy/awkward					
Is accident-prone					
Avoids gross motor activities					
Tends to prop head on hand					
Tends to slump in chair					
Prefers sedentary play					
Tends to be wiggly in a chair					

**ADDITIONAL COMMENTS:**

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