

# Preschool Checklist for Motor, Adaptive, and Sensory Processing



**2009**

**If you are concerned about your child's development, contact the Mid-State ECDC for information on screening, evaluation, and assessment.**

The Mid-State Early Childhood Direction Center  
Syracuse University, 805 S. Crouse Avenue, Syracuse, NY 13244-2280  
Phone: 315-443-4444 Toll-free: 1-800-962-5488 Fax: 315-443-4338  
E-mail: [ecdc@syr.edu](mailto:ecdc@syr.edu) website: <http://ecdc.syr.edu>

## PRESCHOOL CHECKLIST for Motor, Adaptive and Sensory Processing - 3 TO 4 YEARS

**CHILD'S NAME:** \_\_\_\_\_

**COMPLETED BY:** \_\_\_\_\_

**DATE OF BIRTH:** \_\_\_\_\_

**AGE:** \_\_\_\_\_

**CENTER:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

✓ In this column, check all skills observed. If less than half are checked in one area, consult with the ECDC(315)443-4444 regarding appropriateness of a referral for OT or PT.

✓ In this column, check all behaviors observed. If Sensory behaviors checked appear to interfere with daily activities, consult with the ECDC regarding appropriateness of a referral. If Oral Motor skills checked appear to interfere with feeding or appear to be lacking, consult with the ECDC.

### GROSS MOTOR SKILLS

- Hops and stands on one foot up to 5 seconds
- Jumps in place with two feet
- Goes upstairs and downstairs without support
- Kicks ball forward
- Throws ball overhand
- Catches bounced ball with both hands most of the time
- Moves forward and backward
- Rides tricycle with pedals

### FINE MOTOR/VISUAL PERCEPTUAL SKILLS

- Grasps crayon between thumb and fingers
- Draws circles and squares
- Draws a person with 2-4 body parts
- Copies square shapes
- Begins to copy some capital letters
- Uses scissors to cut paper in half, making the blades go up and down
- Makes a bridge with 3 blocks
- Completes a 5-7 piece interlocking puzzle

### SELF-CARE SKILLS

- Dresses and undresses cooperatively
- Unzips, unbuttons and unsnaps clothing
- Can serve self, taking food from one container to another using utensils
- Can feed self with spoon and fork

### SENSORY PROCESSING

- Seems overly sensitive to touch
- Will not touch certain textures (sticky, sandy, etc.)
- Appears clumsy/avoids balance activities
- Spins/paces/lunges/twirls/rocks/flicks fingers
- Eats inedible objects
- Sensitive to odors
- Difficulty with eating textures
- Has difficulty eye-tracking
- Pokes at eyes
- Excessive desire to: jump/kick/bounce/throw self/bump into objects/people
- Sensitive to sound

### ORAL MOTOR SKILLS

- Difficulty chewing food/ chokes easily
- Excessive drooling
- Poor lip closure on spoon or fork – food/liquid escapes

### Additional Observations/Comments:

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**DATE**

**Referred to the ECDC:**

**Discussed with Parent:**

**Parent Phone:**

## PRESCHOOL CHECKLIST for Motor, Adaptive and Sensory Processing – 4 to 5 YEARS

**CHILD'S NAME:** \_\_\_\_\_

**COMPLETED BY:** \_\_\_\_\_

**DATE OF BIRTH:** \_\_\_\_\_

**AGE:** \_\_\_\_\_

**CENTER:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

✓ In this column, check all skills observed. If less than half are checked in one area, consult with the ECDC (315)443-4444 regarding appropriateness of a referral for OT or PT.

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### GROSS MOTOR SKILLS

- Hops forward on either foot without assistance
- Jumps forward with feet together
- Performs a complete forward roll (somersault)
- Kicks ball when it has been rolled into direct path
- Throws ball 10 feet overhand
- Runs and changes direction without stopping
- Hangs from bar using overhand grip
- Maintains momentum on swing

### FINE MOTOR/VISUAL PERCEPTUAL SKILLS

- Grasps crayon between thumb and fingers
- Draws diagonal line and zig zag following models
- Draws a person with a body
- Prints some letters
- Cuts out small square/triangle with scissors
- Strings small beads with color/shape sequence
- Stacks 9 blocks
- Identifies objects through the sense of touch

### SELF-CARE SKILLS

- Dresses independently when asked
- Spreads with a knife
- Brushes teeth with horizontal and vertical motion
- Goes to toilet when necessary with infrequent accidents

### SENSORY PROCESSING

- Seems overly sensitive to touch
- Will not touch certain textures (sticky, sandy, etc.)
- Appears clumsy/avoids balance activities
- Spins/paces/lunges/twirls/rocks/flicks fingers
- Eats inedible objects
- Sensitive to odors
- Difficulty with eating textures
- Has difficulty eye-tracking
- Pokes at eyes
- Excessive desire to: jump/kick/bounce/throw self/bump into objects/people
- Sensitive to sound

### ORAL MOTOR SKILLS

- Puts appropriate amount of food in mouth and chews with lips closed
- Eats different types of foods
- Sucks liquid through straw while holding container with one hand

### Additional Observations/Comments:

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**DATE**

**Referred to the ECDC:**

**Discussed with Parent:**

**Parent Phone:**

**PRESCHOOL CHECKLIST for**  
**Motor, Adaptive and Sensory Processing – 5 YEARS**

**CHILD'S NAME:** \_\_\_\_\_

**COMPLETED BY:** \_\_\_\_\_

**DATE OF BIRTH:** \_\_\_\_\_

**AGE:** \_\_\_\_\_

**CENTER:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

✓ In this column, check all skills observed. If less than half are checked in one area, consult with the ECDC (315)443-4444 regarding appropriateness of a referral for OT or PT.

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**GROSS MOTOR SKILLS**

- Walks on beam without falling off
- Walks downstairs carrying an object
- Runs through obstacle course avoiding objects
- Hops forward on either foot without assistance
- Maintains balance on moveable platform
- Skips forward
- Hangs from bar using overhand grip
- Stands up after lying on back without losing balance

**FINE MOTOR/VISUAL PERCEPTUAL SKILLS**

- Grasps crayon between thumb and fingers
- Draws a picture of at least 3 objects
- Traces around own hand
- Cuts cloth or other material with scissors
- Cuts out pictures following general shape
- Puts together complex/interlocking puzzle
- Builds 5 block bridge
- Matches letters that look very similar

**SELF-CARE SKILLS**

- Ties shoes following step-by-step demonstration
- Selects and uses appropriate protective clothing per weather/settings
- Adjusts clothing before leaving bathroom
- Cuts with a knife

**SENSORY PROCESSING**

- Seems overly sensitive to touch
- Will not touch certain textures (sticky, sandy, etc.)
- Appears clumsy/avoids balance activities
- Spins/paces/lunges/twirls/rocks/flicks fingers
- Eats inedible objects
- Sensitive to odors
- Difficulty with eating textures
- Has difficulty eye-tracking
- Pokes at eyes
- Excessive desire to: jump/kick/bounce/throw self/bump into objects/people
- Sensitive to sound

**ORAL MOTOR SKILLS**

- Puts appropriate amount of food in mouth and chews with lips closed
- Eats different types of foods
- Sucks liquid through straw while holding container with one hand

**Additional Observations/Comments:**

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