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  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:
✓ 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.

DATE:
✓ 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

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

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

ORAL MOTOR SKILLS

☐ 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

Additional Observations/Comments:

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:**  

**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

**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

**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

**ORAL MOTOR SKILLS**  
- ✗ Prints some letters  
- ✗ 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

**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

**Additional Observations/Comments:**  

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**Referred to the ECDC:**  
**Discussed with Parent:**  
**Parent Phone:**
### PRESCHOOL CHECKLIST for
Motor, Adaptive and Sensory Processing – 5 YEARS

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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

### 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

### 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
- [ ] Builds 5 block bridge
- [ ] Matches letters that look very similar

### 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

### 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

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