

# Sensory Processing Disorder Checklist

- The purpose of this sensory processing disorder checklist is to help guide parents to become educated about certain signs of sensory processing dysfunction.
- This checklist is not to be used as a way to diagnose your child with sensory processing disorder. Rather, this can be used as a tool to help you speak with your doctor and an Occupational Therapist so you can clearly explain why you think your child may need help.
- You might go through this list, and think; it's not a big deal if your child has these certain characteristics/behaviors. For many, a child's behavior can change on a daily basis, and therefore not be a cause for concern.
- You need to be concerned, however, when particular behaviors interfere with a child's life and the kind of impact it is having on their level of functioning. A child might have a lot in one category, and none in the other, or some in all categories. If you see that you have checked off at least 3 or more items in a section, you should follow up with your doctor and an Occupational Therapist.
- Above all else, we want you to remember to trust that great parental instinct you have. We hope that this checklist provides a way to empower you to move forward in advocating for your child. Never forget who you're fighting for.
- Please check the behaviors that are observed most of the time

<b>Threshold Key</b>	
	<b>Neither low nor high</b>
<b>L</b>	<b>Low</b>
<b>H</b>	<b>High</b>

	Item		Auditory Processing
	L	1.	Responds negatively to unexpected or loud noises (for example, cries or hides at noise from vacuum cleaner, dog barking, hair dryer)
	L	2.	Holds hands over ears to protect ears from sound
	L	3.	Has trouble completing tasks when the radio is on
	L	4.	Is distracted or has trouble functioning if there is a lot of noise around
	L	5.	Can't work with background noise (For example, fan, refrigerator)
	H	6.	Appears to not hear what you say (for example, does not "tune in" to what you say, appears to ignore you)
	H	7.	Doesn't respond when names is called but you know the child's hearing is OK
	H	8.	Enjoys strange noises/seek to make noise for noise's sake

	Item		Visual Processing
	L	9.	Prefers to be in the dark
	L	10.	Expresses discomfort with or avoids bright lights (for example, hides from sunlight through window in car)
	L	11.	Happy to be in the dark
	L	12.	Becomes frustrated when trying to find objects in competing backgrounds (for example, a cluttered drawer)
	L	13.	Has difficulty putting puzzles together (as compared to same age children)
	L	14.	Is bothered by bright lights after others have adapted to the light
	L	15.	Covers eyes or squints to protect eyes from light
	H	16.	Looks carefully or intensely at objects/people (for example, stares)
	H	17.	Has a hard time finding objects in competing backgrounds (for example, shoes in a messy room, favorite toy in the "junk drawer")

	Item		Vestibular Processing
	L	18.	Becomes anxious or distressed when feet leave the ground
	L	19.	Dislikes activities where head is upside down (for example, somersaults, roughhousing)
	L	20.	Avoids playground equipment or moving toys (for example, swing set, merry-go-round)
	L	21.	Dislikes riding in a car
	L	22.	Holds head upright, even when bending over or leaning (for example, maintains a rigid position/posture during activity)
	L	23.	Becomes disoriented after bending over sink or table (for example, falls or gets dizzy)
	H	24.	Seeks all kinds of movement and this interferes with daily routines (for example, can't sit still, fidgets)
	H	25.	Seeks out all kinds of movement activities (for example, being whirled by adult, merry-go-rounds, playground equipment, moving toys)
	H	26.	Twirls/spins self frequently throughout the day (for example, likes dizzy feeling)
	H	27.	Rocks unconsciously (for example, while watching TV)
	H	28.	Rocks in desk/chair/on floor

	Item		Touch Processing
	L	29.	Avoids getting “messy” (for example, in paste, sand, finger paint, glue, tape)
	L	30.	Expresses distress during grooming (for example, fights or cries during haircutting, face washing, fingernail cutting)
	L	31.	Prefers long-sleeved clothing when it is warm or short sleeves when it is cold
	L	32.	Expresses discomfort at dental work or tooth brushing (for example, cries, or fights)
	L	33.	Is sensitive to certain fabrics (for example, is particular about certain clothes or bed sheets)
	L	34.	Becomes irritated by shoes or socks
	L	35.	Avoids going barefoot, especially in sand or grass
	L	36.	Reacts emotionally or aggressively to touch
	L	37.	Withdraws from splashing in water
	L	38.	Has difficulty standing in line or close to other people
	L	39.	Rubs or scratches out a spot that has been touched
	H	40.	Touches people and objects to the point of irritating others
	H	41.	Displays unusual need for touching certain toys, surfaces, or textures (for example, constantly touching objects)
	H	42.	Decreased awareness of pain and temperature
	H	43.	Doesn't seem to notice when someone touches arm or back (for example, unaware)
	H	44.	Avoids wearing shoes; loves to be barefoot
	H	45.	Touches people and objects
	H	46.	Doesn't seem to notice when face or hands are messy

	Item		Multisensory Processing
		47.	Gets lost easily (even in familiar places)
		48.	Has difficulty paying attention
	L	49.	Looks away from tasks to notice all actions in the room
	H	50.	Seems oblivious within an active environment (for example, unaware of activity)
	H	51.	Hangs on people, furniture, or objects even in familiar situations
	H	52.	Walks on toes
	H	53.	Leaves clothing twisted on body

	Item		Oral Sensory Processing
	L	54.	Gags easily with food textures or food utensils in mouth
	L	55.	Avoids certain tastes or food smells that are typically part of children's diets
	L	56.	Will only eat certain tastes
	L	57.	Limits self to particular food textures/temperatures
	L	58.	Picky eater, especially regarding food textures
	H	59.	Routinely smells nonfood objects
	H	60.	Shows strong preference for certain smells
	H	61.	Shows strong preference for certain tastes
	H	62.	Craves certain foods
	H	63.	Seeks out certain tastes or smells
	H	64.	Chews or licks on nonfood objects