

Referral to Occupational Therapy in Early Intervention

Common referral reasons from parents

- Sleep
- Behaviors
- Throwing toys
- Difficulty with attention
- Difficulty interacting with others
- Delayed fine/gross motor skills
- Not able to calm themselves down
- Picky eater
- Limited eye contact
- Hard time following directions

“Go-To” questions to decide on a referral to OT

- **Big Question:** Is there something impacting the child’s ability to functionally participate in their day or with others?
- Does the child have difficulty with sleep?
- Is the child a picky eater?
- Can the child attend to play or to others?
- Does the child require extensive help to calm?
- Is the child able to stay calm and follow directions while out in the community (i.e. grocery store)?
- Does the child have a complex medical/social history that may impact future development?
- Does the family/caregiver feel like daily routines are a battle?
- Does the child play with toys appropriately for their age?
- Does the child have a strong hand preference?
- Did the child have an extended hospitalization or stay in the NICU?

How to refer to EI: <https://www.cdc.gov/ncbddd/actearly/parents/states.html>

