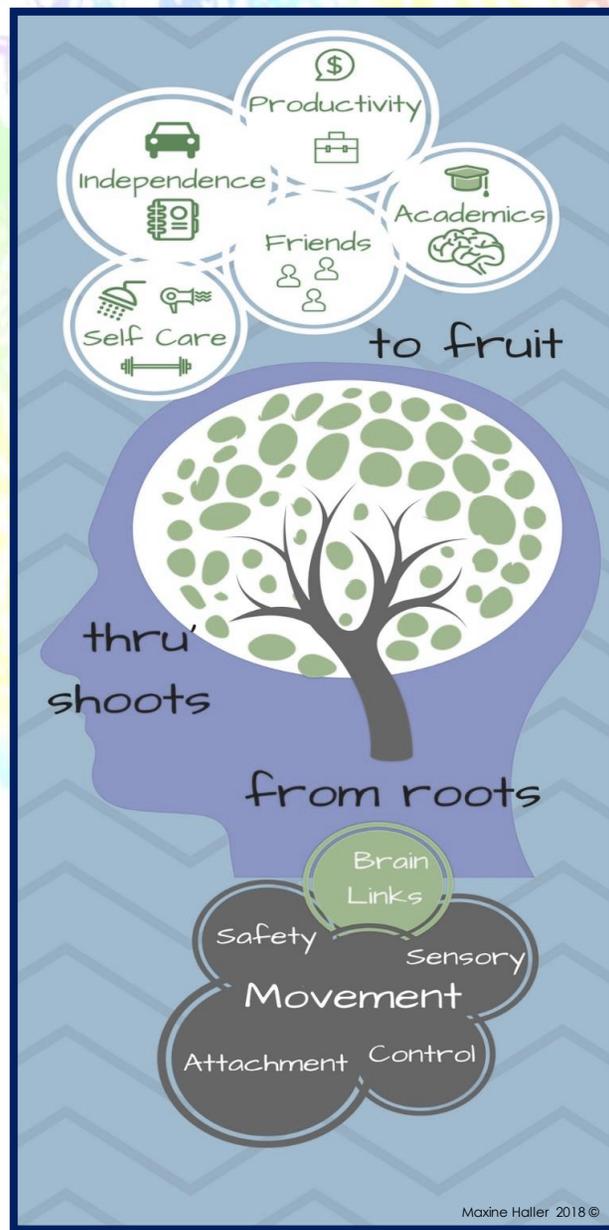


## Understanding your score

The pink (first) column is a list of symptoms that indicate something fundamental has not developed and the difficulties will compound over time. To cope your child will require enormous amounts of energy. The younger the child the easier to correct these glitches. If you have put 2+ marks in the **first column or more than 10 circles in the pink / orange / yellow columns combined**, your child is needing professional intervention. This indicates that your child is struggling significantly, and **it is time to help** by bringing in additional support for your child's sensory, motor and brain development, to **decrease the amount of effort** they need to complete tasks and wire their brains for more success, less struggle. This is about their whole life. It will impact everything!!

If you have put an (X) or (/) in up to **4 circles in the orange/yellow columns** this indicates that it would **be worth your time** to explore how you can help support your child's sensory, motor and brain development. Dancing, Gymnastics or Karate classes would be a good addition to his/her electives.

If there is an (X) or (/) in **5-10 circles in the orange/yellow columns**, this indicates that it **would be important** for you to explore how you can help support your child's brain development. You may want to find a *targeted sensory motor program*.



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## Is my child working too hard?

If your child is **over 5 years old**, these questions will help you better understand if your child's brain and body are having to work much harder than needed. Anytime – during the day or night – that our brain is more active in the survival part, we do not have efficient connections to the parts of the brain that allow us to focus, engage, problem solve and stay emotionally grounded, draining our battery for that period.



Go through the

"Wired for Struggle Brain Checklist"

and mark which (if any) behaviors describe your child.

○ ⊗ ∅

Leave the circle blank O if the behavior does not describe your child. Put a X in the circle (⊗) if your child does the behavior regularly (it would be considered a characteristic of your child). Put a slash (/) in the circle (∅) if your child does the behavior sometimes.

Brought to you by:

Kid's Brain Tree FoCo

# Wired for Struggle Brain Checklist

- Does not like change in routine – has to know what is happening next
- Cries and shields eyes from the sun and other bright lights
- Has difficulty listening & following instructions – seems to not understand
- Has a hard time cutting with a pair scissors especially curves
- Has trouble focusing and/or concentrating or staying on task
- Pulls away from touch and hugs
- Hands feel weak when doing things like opening bottles or writing or Lego
- Sticks out tongue when writing or concentrating
- Is a picky eater. Has few food choices
- Gets very angry and defiant at times
- Is slow at written and copying tasks – especially if the work is up on a board
- Is afraid of going up or down stairs without holding on or fearful on an open stair case like the capital building
- Sometimes is extremely fearful – irrationally so.
- Has difficulty with running backwards and or sides ways as is needed when catching a ball in sports
- Has difficulty riding a bike
- Walks on toes much of the time
- Is overly sensitive to loud sounds such as vacuums and blenders
- Sits with legs in a “W” position
- Complain about tags and seems in clothing and the fabric softness

2 or more indicates a need professional intervention

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- Hates having hair washed, brushed or cut
- Mixes up left and right, up and down / front and back
- Grips a pencil very tightly
- Makes holes in the paper when writing
- Has poor reading comprehension
- Words “wobble” on the page
- Has to re-read text several times to understand it
- Resists things that are new and different
- Has difficulty making transitions from one task or preference to the next
- Has difficulty getting to sleep or staying asleep
- Has trouble processing what people are saying – the blank stare
- Quits whenever something doesn't go as expected
- Has panic attacks
- Displays irrational, aggressive behaviour
- Appears manipulative or demanding of his/her way only
- Has no friends
- Is easily overwhelmed and shuts down
- Has sensitivity to certain textures of food – may gag or spit
- Good at school but explodes when gets home
- Can't focus on what's being said if there's background noise

- Is constantly moving... no downtime
- Zones out
- Likes to rock in a chair
- Has no sense of direction
- Has poor handwriting
- Dislikes light touch / tickles /cuddling
- Avoids placing hands in messy substances
- Loses place when reading
- Dislikes reading immensely
- Dislikes writing immensely
- Likes to have everything in specific order
- Has to be re-directed several times
- Has no sense of feeling full after eating
- Has no interest in eating
- Has difficulty waking up in the morning
- Is tired (much of the time)
- Has difficulty tolerating a feeling of discomfort or acts “giddy”/overly excitable
- Argumentative
- Has trouble taking another person's perspective
- Has poor organization skills
- Avoids Confrontation
- Is anxious over trivial matters
- Has a sense of never excelling at anything – sense of failure
- Avoids physical activities as much as possible
- Complains of “pain” / hurt or says “ow” for every touch/tickle/ light bump

1-4 total indicates a need to join a gymnastics, dance, karate class  
 5-10 total indicates a need to participate in a sensory motor program  
 11 and more total indicates a need for professional intervention.