



Pediatric OT Parent Consult

Purpose: To understand the child's strengths, challenges, patterns, and participation to guide next steps (not diagnosis).

1) Parent Agenda & Key Concerns

Main concerns / priorities:

Contexts affected (home, school, play):

Parent hopes for this consult:

2) Strengths & Protective Factors

Interests, motivators, positive traits:

Regulation supports / calming factors:

Relational strengths:

3) Participation Snapshot

Home (ADLs & routines):

Dressing, eating, toileting, sleep, transitions

School / Preschool:

Posture/endurance, fine motor tasks, attention, routines

Play & Social:

Play style, ideas, flexibility, peer interaction

4) Body & Sensory Foundations

Motor & Postural Control:

Balance, coordination, endurance, stability

Praxis / Motor Planning:

Ideation, sequencing, novel tasks, imitation

Sensory Processing:

Over-responsivity | Under-responsivity | Seeking

Tactile | Proprioceptive | Vestibular | Auditory/Visual

Regulation & Interoception:

Arousal patterns, stress responses, internal awareness

5) Cross-Setting Patterns

Similarities/differences across home and school:

Triggers vs supports:

Effort vs overload vs uncertainty:



6) Clinical Pattern Recognition

Observable patterns:

Possible underlying mechanisms:

Motor foundations:

Sensory processing:

Praxis:

Regulation/interoception:

7) Working OT Formulation (Non-diagnostic)

Brief description of the child's profile and how body, senses, and regulation impact participation:

8) Impact on Participation

ADLs:

Play:

Social participation:

School engagement:

9) Priority Areas for Support (Top 3–4)

- 1.
- 2.
- 3.
- 4.

10) Next Steps

Further assessment | Trial intervention | Strategies | Monitoring

Agreed plan and review timeline: