



Development and Behavior Toolkit for Children Birth to 5

Activities to Support Healthy Early Child Development

For more information, please contact the Cincinnati LEND program at LENDTraining@cchmc.org



Evaluation Handouts



You were referred to speech and language therapy. What does that mean?

You, the child's doctor, or other caregivers have concerns about the child's language and communication skills. First, the speech and language pathologist (SLP) will evaluate your child to see how they are developing in the following areas:

- Receptive language (what they understand).
- Expressive language (what they say).
- Speech (how well other people can understand what the child says).
- Pragmatic language (how well the child talks with others).
- Swallowing difficulties (how the child chews and swallows food).

The first session could take 1-2 hours to understand the child's skills. If the child can benefit from support, the speech therapist will recommend therapy which may be a group setting or one-to-one therapy. Goals will be based on the child and caregiver's preferences. Caregivers will take part in therapy sessions. The therapist will give activities to work on in between sessions. Caregiver participation is a very important part of helping the child to build skills.



You were referred to physical therapy (PT). What does that mean?

You, the child's doctor, or other caregivers have concerns about the child's gross motor skills. Gross motor skills are behaviors like rolling over, kicking a ball, or walking without tripping.

First, the physical therapist will see how your child is developing in areas including:

- Mobility (crawling, walking, running, jumping).
- Going up and down stairs.
- Balance.
- Endurance.

The first session could take 1-2 hours to understand the child's skills. If the child can benefit from support, the physical therapist will recommend therapy to help your child which is typically one-to-one with a therapist. Goals will be based on the child and caregiver's preferences. Caregivers will take part in therapy sessions. The therapist will give activities to work on in between sessions. Caregiver participation is a very important part of helping the child to build skills.



You were referred to occupational therapy (OT). What does that mean?

You, the child's doctor, or other caregivers have concerns about the child's fine motor skills or sensory processing. Fine motor skills are behaviors like handwriting, zipping clothes, and using silverware. Sensory processing is how a child deals with the sensory input all around them, such as lights and sounds.

First, the occupational therapist will see how your child is developing in the following areas:

- Visual motor (how child copies shapes or letters or completes puzzles).
- Fine motor (how child strings beads, cuts with scissors).
- Daily living skills (how child dresses, toileting, hygiene).
- Eating (how child eats and chews).
- Play and social skills (how child does with turn taking, making friends).
- Sensory processing (is child a picky eater, do they avoid messy play).

The first session could take 1-2 hours to understand the child's skills. If the child can benefit from support, the occupational therapist will recommend therapy to help your child which is typically one-to-one with a therapist. Goals will be based on the child and caregiver's preferences. Caregivers will take part in therapy sessions. The therapist will give activities to work on in between sessions. Caregiver participation is a very important part of helping the child to build skills.



You were referred to psychology.

What does that mean?

You, the child's doctor, or other caregivers have concerns about the child's overall development or challenges with behaviors/tantrums.

First, the psychologist will evaluate how your child is developing in the following areas:

- Thinking or problem-solving skills (cognitive skills, executive functioning).
- Social interactions with peers and other grown ups.
- Play skills.
- Daily living skills (dressing, toileting, hygiene).
- Communication skills.

The psychologist will also want to know about any concerns with difficult behaviors (tantrums, hitting), anxiety or nervousness, sadness, or recent changes in any of the child's behavior.

The first session could take up to 4 hours to understand your child. If your child can benefit from different therapies or other activities, the psychologist will recommend specific treatment.

Recommendations can vary based on your child's needs. Goals will be based on the child and caregiver's preferences. Caregivers are the essential piece of any behavioral therapy and the therapist will likely give you activities to work on in between sessions with the child.

