

Date _____
Pre Treatment _____
Post Treatment _____

Name _____

Checklist #1 [check each description that applies to your child]

These garments bother my child

- 1 seams in clothing
- 2 tags in clothing
- 3 socks
- 4 changing from long to short pants
- 5 accessories (e.g., watch, jewelry, scarf, hats)
- 6 elastic on clothing
- 7 fuzzy or furry textured clothes (e.g., sweaters, collars, etc.)
- 8 wool clothes

These aspects of self care bother my child

- 9 washing or wiping face
- 10 cutting toenails or fingernails
- 11 having haircut or hair clipped
- 12 hair washing or drying
- 13 hair brushing or combing
- 14 getting dressed
- 15 brushing teeth
- 16 getting dirty
- 17 having crumbs around my mouth
- 18 having messy hands
- 19 having a messy mouth

Subtotal

These tactile sensations bother my child

- 20 mud
- 21 finger paint
- 22 glue
- 23 play dough
- 24 foods
- 25 hair care products (greasy/sticky)
- 26 kissing
- 27 coarse carpet
- 28 light stroking touch

Subtotal

These visual sensations bother my child

- 29 brightly colored or patterned materials (e.g. clothes, upholstery, drapes, wallpaper)
- 30 fluorescent lights
- 31 fast moving images in the movies or TV
- 32 visually cluttered environments
- 33 busy pictures in books or complex and busy images in artwork

Subtotal

These smells bother my child

- 34 perfume/cologne
- 35 cleaners/disinfectants

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- 36 bath products
- 37 soaps
- 38 air fresheners

Subtotal

These aspects of food and eating bother my child

- 39 salty foods (e.g., nuts or chips)
- 40 soft foods
- 41 lumpy foods
- 42 slimy foods
- 43 soup with vegetables or meat pieces
- 44 spicy foods (e.g., spicy dip, hot sauce)
- 45 eating bread crust
- 46 food preparation/cooking
- 47 new/unfamiliar foods

Subtotal

These sounds bother my child

- 48 sound of utensils against each other (e.g., spoon in bowl, knife on plate)
- 49 clothing that makes noise (e.g., swishing cloth, accessories)
- 50 door bell ringing
- 51 dog barking
- 52 sirens
- 53 alarms
- 54 radio or TV in the background
- 55 fluorescent lights
- 56 someone talking when I am trying to concentrate
- 57 clock ticking
- 58 construction or landscaping equipment
- 59 water running or dripping in the background

Subtotal

Sounds in these places bother my child

- 60 toilet flushing in the bathroom
- 61 appliances/small motor noises (e.g., blender, vacuum, hair dryer, electric shaver) at home
- 62 concerts
- 63 large gatherings
- 64 restaurants
- 65 parades
- 66 malls
- 67 gymnasium

Subtotal

These aspects related to movement bother my child

- 68 climbing activities
- 69 walking or climbing up open stairs
- 70 experiencing heights
- 71 walking or standing on moving surfaces
- 72 playing in the playground jungle gym
- 73 playing in the playground swings and slides
- 74 going on amusement park rides
- 75 going up or down escalators
- 76 chewing foods