

iLs Checklist

Instructions: This Checklist is intended to help parents assess their child's, or an adult's own, progress after completing an iLs program. We recommend covering up the pre-program scores when filling in the post-program column. Improvement is indicated by lower totals.

0=seldom/never 1=some of the time 2=frequently 3= almost always

Pre-iLs	SENSORY & SENSORY-MOTOR	Post-iLs
3	Bothered by textures on body face or hands, having nails cut, hair combed	1
2	Bothered by background noise, loud, unexpected sounds	1
2	Avoids movement activities (swings, climbing, playground activities)	0
0	Doesn't feel pain, doesn't notice when touched	0
3	Avoids eye contact	1
0	Unaware of body sensations such as hunger, hot or cold or need to use toilet	0
0	Doesn't seem to notice sensory stimuli (smells, noisy crowded places)	0
2	Constantly on the move, seeks intense crashing or rough play	1
2	Has difficulty sitting still, wiggles a lot, esp. if trying to pay attention	0
3	Makes disruptive noises or sounds	0
0	Has poor balance and fall easily, avoids balance-related activities (bike riding)	0
2	Has poor endurance, is weak and gets tired easily, avoids physical activity	0
3	Slumps when sits in a chair or on the floor, uses arms/hands to support self	1
3	Difficulty learning new motor activities or those that require more than one step	1
2	Clumsy, awkward, or accident prone, tripping or bumping into people or objects	0
3	Difficulty organizing personal spaces or takes a long time to perform daily life tasks	1
3	Struggles with fine motor skills, like handwriting	0
3	Dislikes or avoids group sports	3
2	Difficulty with visual pursuits: often loses place, eyes skip one or more lines	0
2	Cannot follow directions in a noisy environment	0
0	Has difficulty completing puzzles	0
0	Has difficulty identifying and distinguishing between different sounds or letters	0
2	Has difficulty judging force required for a task	0
0	Cannot find pictures hidden in background	0
0	Difficulty finding number or words on page, esp. during math or reading tasks	0
42	TOTAL	10

REMINDERS to realize maximum benefit from the iLs Program:

- Keep to your listening schedule
- Limit sugar intake, eat as many unprocessed foods (fruits, veggies, grains) as possible
- Limit TV and video usage as much as possible; no more than 1-2 hours per day
- Emphasize exercise every day – it improves sleep, attention, appetite, and happiness!

Pre-iLs	AUDITORY / LANGUAGE	Post-iLs
3	Difficulty following what others are saying	0
0	Misuses or confuses words and sounds	0
3	Says "What?" or "Huh?", needs instructions repeated, needs visual cues	0
1	Is difficult to understand due to poor enunciation, can't speak clearly	0
0	Difficulty with spelling	0
0	Unable to recognize or repeat rhymes or songs	0
0	Does not like to sing or hum	0
2	Difficulty interpreting tone of voice – e.g. angry vs. joking	0
2	Tendency to ramble, can't "get to the point"	0
0	Poor grammar, doesn't speak in complete sentences	0
3	Mumbles, has monotone voice	0
3	Slow to react to speech	1
17	TOTAL	1

Pre-iLs	SOCIAL / EMOTIONAL	Post-iLs
3	Irritable, short-tempered	2
3	Easily overwhelmed, frustrated by daily life activities	1
3	Does not transition smoothly from one activity to another	0
1	Has difficulty making and keeping friends	0
3	Does not sleep well, can't get enough rest	2
3	Lacks confidence with new environments and new tasks	1
3	Has frequent mood fluctuations	1
2	Is not affectionate, not touching or hugging	1
3	"Needy" – lacks independence, low self-reliance, low self-esteem	1
3	Lack of tactfulness, acts impulsively	1
2	Response to situations appears immature for age	0
3	Anxious, bites nails, face and body not relaxed	1
32	TOTAL	11

Pre-iLs	ORGANIZATION / ATTENTION / COGNITIVE	Post-iLs
3	Is distracted easily, not able to stay on task	0
2	Has poor short term memory	0
1	Must re-read schoolwork several times to comprehend	1
1	Has difficulty getting finding clothes, getting dressed in the morning	0
3	Planning ahead is difficult; prefers to avoid planning at all	1
3	Disorganized with school assignments, belongings, schedule	1
3	Can't remember sequential tasks – e.g. do A, then B, then C	0
2	Often fails to begin or complete tasks or projects unless helped	0
18	TOTAL	3