



ALL ABOUT
SPEECH & LANGUAGE

OCCUPATIONAL THERAPY – DEVELOPMENTAL MILESTONES

| AGE | LOCOMOTION AND MOVEMENT | REFLEXES | VISUAL MOTOR | GRASPING/FINE MOTOR | ACTIVITIES OF DAILY LIVING (ADL'S) |
|---------|---|--|---|---|---|
| 0-2 Mn | -Bends and straightens arms and legs - Holds head up (2 mos) | -When supported with lift one foot at a time | - Visually track objects to sides | - Grasps rattle | |
| 3-5 Mn | -Elevates head and upper body off ground to see toy - Extends arms and legs when on stomach | -Does not move arms and legs when turning head any longer | - Extends arms towards toy when on back | - Shakes toys - Pulls string on string toys | |
| 6-8 Mn | -Grasps and holds both feet -Rolls in both directions - Sits unsupported | -Puts arms out in front to break a fall when placed in a downward position | - Reaches for items with one arm - Uses index finger to touch/poke items - Plays peek-a-boo | - Rakes at small objects with fingers - Uses a three jaw chuck grasp | - Holds bottle with two hands |
| 9-11 Mn | -Crawling - Pull to stand | -Can extend arms behind body for balance | - Claps hands - Places items in a cup | - Uses a pincer grasp | - Brings crackers to mouth - Drinks from cup with assistance |

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|---|--|--|--|--|
| 12-14 Mn -Walks 5 steps without assistance | -Can throw small balls | - Opens a book - Scribbling with crayon | - Holds crayon with pinky toward paper and thumb up | -Removes socks - Drinks from a sippy cup and holds with 2 hands - Feeds/pushes arms into clothing while dressing - Places spoon in food and attempts to self-feed |
| 15-18 Mn -Walks 10 feet quickly - Walks backward 5 steps - Walks up 4 stairs | | -Stacks 2-3 cubes - Places 2 shapes correctly in shape sorter | | -Uses spoon independently with some spillage |
| 19-24 Mn -Runs 10 feet | - Kicks ball | - Turns pages of book - Draws vertical lines | | |
| 2-3 Yrs -Walks up stairs reciprocally | - Catches large ball while in standing | - Cuts/Snips paper with scissors - String large beads - Draws a circle | - Holds crayon with index finger toward paper and thumb down - Can pick up coins and move to palm | -Removes bottle lids - Removes pants and underwear - Uses a spoon and fork well with little to no spillage |

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|---------|--|--|--------------------------------------|---|
| 3-4 Yrs | -Stands on one foot and tip toes | -Cuts paper in half - Draws a cross | - Holds crayon/pencil with 4 fingers | - Unbuttons large buttons - Can dress fully with the exception of some fasteners - Washes hands independently |
| 4-5 Yrs | -Skips and hops on one foot | -Cuts out a circle - Connects dots with a straight line | - Tripod grasp on pencil | - Buttons med-lg buttons - Toilets independently -Can prepare toothbrush independently |
| 5-6 Yrs | - Bounce and catch a ball with one hand - Performs a somersault | -Fold paper in half with all corners even | - Can squirrel coins in hand | - Independently showers/washes well - Spreads with a knife |
| 6-7 Yrs | | | | -Can dress independently including all fasteners such as belts, ties, etc. |

This information is only a guideline. Each child is different and should be evaluated accordingly. Therapy plans are customized based on individual evaluations. We are always happy to discuss any concerns you may have; please contact us today.

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