



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	<ul style="list-style-type: none"> -Bends and straightens arms and legs - Holds head up (2 mos) 	<ul style="list-style-type: none"> -When supported with lift one foot at a time 	<ul style="list-style-type: none"> - Visually track objects to sides 	<ul style="list-style-type: none"> - Grasps rattle 	
3-5 Mn	<ul style="list-style-type: none"> -Elevates head and upper body off ground to see toy - Extends arms and legs when on stomach 	<ul style="list-style-type: none"> -Does not move arms and legs when turning head any longer 	<ul style="list-style-type: none"> - Extends arms towards toy when on back 	<ul style="list-style-type: none"> - Shakes toys - Pulls string on string toys 	
6-8 Mn	<ul style="list-style-type: none"> -Grasps and holds both feet -Rolls in both directions - Sits unsupported 	<ul style="list-style-type: none"> -Puts arms out in front to break a fall when placed in a downward position 	<ul style="list-style-type: none"> - Reaches for items with one arm - Uses index finger to touch/poke items - Plays peek-a-boo 	<ul style="list-style-type: none"> - Rakes at small objects with fingers - Uses a three jaw chuck grasp 	<ul style="list-style-type: none"> - Holds bottle with two hands
9-11 Mn	<ul style="list-style-type: none"> -Crawling - Pull to stand 	<ul style="list-style-type: none"> -Can extend arms behind body for balance 	<ul style="list-style-type: none"> - Claps hands - Places items in a cup 	<ul style="list-style-type: none"> - Uses a pincer grasp 	<ul style="list-style-type: none"> - Brings crackers to mouth - Drinks from cup with assistance

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OCCUPATIONAL THERAPY – DEVELOPMENTAL MILESTONES (CONT.)

AGE	LOCOMOTION AND MOVEMENT	REFLEXES	VISUAL MOTOR	GRASPING/FINE MOTOR	ACTIVITIES OF DAILY LIVING (ADL'S)
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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