



OCCUPATIONAL THERAPY – DEVELOPMENTAL MILESTONES

AGE	LOCOMOTION AND MOVEMENT	REFLEXES	VISUAL MOTOR	GRASPING/FINE MOTOR	ACTIVITIES OF DAILY LIVING (ADL'S)
0-2 Months	<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 will 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 Months	<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 Months	<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 downward positions 	<ul style="list-style-type: none"> - Reaches for items with one arm - Uses index finger to touch/pke 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 Months	<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 garasp 	<ul style="list-style-type: none"> - Brings crackers to mouth - Drinks from cup with assistance



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12-14 Months	- 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 Months	- 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 Months	- Runs 10 feet	- Kicks ball	- Turns pages of book - Draws vertical lines		
2-3 Years	- Walks up stairs reciprocally	- Catches large ball while 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 spoon and fork well with little to no spillage



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3-4 Years	- 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 Years	- Skips and hops on one foot	- Cuts out a circle - Connects dots with a straight line	- Tripod grasp on a pencil	- Buttons med-lg buttons - Toilets independently - Can prepare toothbrush independently
5-6 Years	- 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 Years				- 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 and questions you may have; please contact us today.