

Occupational Therapy Developmental Milestones

Witwer Children's Therapy

It is important to note all children are unique in their development. The guidelines below can help you identify the need for an occupational therapy referral from a physician.

2-3 Months

- Lifts head 45 degrees while in prone (lying on tummy)
- Opens and closes hands
- Follows a toy with eyes from side to side
- Brings hands together toward middle of body
- Attempts to reach for toy
- Grasps a small toy placed in hand
- Breastfeeds or drinks from a bottle without choking, coughing or gagging

4-6 Months

- Rolls belly to back (both to right and left sides)
- Hits at dangling toys with hands
- Lifts head to 90 degrees while in prone (lying on tummy)
- Raises entire chest when on stomach and bears weight on hands
- Rolls back to belly (both to right and left sides)

6 Months

- Begins to sit using hands for support
- Transfers toys from hand to hand
- Reaches with increased control for a toy
- Shakes and bangs toys
- Eats small amounts of pureed baby food

7-9 Months

- Sustained sitting without using their arms for support
- Crawls on hands and knees with stomach off the floor (9 months)
- Feeds self finger foods (8 months+)
- Moves into sitting position independently
- Eats mashed table food

9 Months

- Sits well to play
- Imitates simple play such as "peek a boo"
- Pulls self up to stand using furniture

1 Year

- Pulls off socks and shoes
- Cooperates with dressing (helps to pull off clothing; extends arms and legs to assist with dressing)
- Scribbles on paper
- Stands alone
- Walking (1-2 steps alone)
- Uses thumb and pointer finger to pick up small objects

15 Months

- Eats a variety of soft, chopped table food
- Drinks from a sippy cup independently
- Stacks 2 blocks
- Walks well with infrequent falls
- Squats to pick up an object and stands up again without falling

1-2 Years

- Throws/kicks balls
- Eats a variety of solid foods

2 Years

- Snips with scissors
- Imitates horizontal, vertical lines and circular marks
- Removes elastic waist pants
- Builds at least a 6 block tower
- Pushes, pulls or carries toys while walking (18 months)

(Continued on back)

2-3 Years

- Pedals a tricycle
- Catches a large ball thrown gently from very close
- Runs well without falling (2.5 years)
- Drinks from an open cup

3 Years

- Cuts straight lines
- Copies vertical, horizontal lines and circles
- Buttons large buttons
- Throws tennis ball 5-7 feet overhand with one hand
- Catches large ball thrown from 5 feet away

3-4 Years

- Static tripod grasp (held with thumb, index and middle fingers while hand moves as a unit)

4 Years

- Cuts out a circle
- Zips jacket
- Copies intersecting lines, diagonal lines, simple shapes, some letters and numbers
- Balances on one foot for 10 seconds or longer

5 Years

- Prints name from memory
- Colors within the lines
- Draws a person with at least 6 or more different parts
- Cuts out a square

5-6 Years

- Dynamic tripod grasp (held with thumb, index and middle fingers with ring and pinky curled into palm; movement of writing utensil comes from the fingertips)
- Throws at a target 5 feet away and hits target fairly consistently

6 Years

- Copies letters and numbers
- Skips independently
- Rides a bicycle independently

Concerns Warranting Attention and Potential Referral to Occupational Therapy:

- Frequent, intense meltdowns (inconsolable)
- Difficulty falling asleep and staying asleep
- Excessive need for intense movement (jumping, rocking, swinging, spinning)
- Becomes upset with changes in routine, unexpected changes or transitions (difficulty adapting to change)
- Excessively cautious and afraid to try new things
- Poor concentration and attention
- Bothered by certain textures of clothing
- Expresses distress with tooth brushing or hair combing
- Limited food variety (eats only certain foods)
- Impulsivity
- Obsessive behaviors
- Clumsy, awkward or accident prone
- Avoids or slow to engage in new experiences
- Under or over reactive to touch, lights, sounds, smell, temperature or movement

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