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)
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
- Bothersed 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

References:


