

# 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 six 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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