

# Occupational Therapy Developmental Milestones

## 0 - 3 MONTHS:

- Able to move fists from closed to open and grasps rattle
- Able to bring hands to mouth
- Pushes up using arms while on tummy
- While lying on tummy, lifts and holds head up
- Visually tracks toys and attempts to reach for toys when laying on back

## 4 - 6 MONTHS:

- When sitting, uses arms to support self
- Rolls from back to tummy and vice versa
- Reaches for toys within arm's reach while on tummy and shakes toys
- Plays with feet while on back & transfers toys from one hand to another while on back
- During supported standing, bears weight on legs

## 7 - 9 MONTHS:

- Picks up small toys/objects with thumb and fingers with a "raking" motion
- Reaches for toys in seated position without loss of balance
- Sits up without support and can move into seated position from tummy or back
- Starts to crawl with alternating arm and foot movement
- Explores different textures within environment by touching

## 10 - 12 MONTHS:

- Uses a pincer grasp and can isolate index finger to point
- Grasps and releases toys into and out of container
- Claps hands and manipulates toys using both hands
- Pulls self into standing position using furniture or person
- Stands alone and initiates steps

### 13 - 18 MONTHS:

- Scribbles on paper with fistful grasp
- Stacks 1-2 blocks
- Bends/squats to pick up single item from floor
- Walks independently
- Helps with getting undressed

### 19 - 24 MONTHS:

- Grasps marker and imitates vertical strokes
- Stacks 5-6 blocks
- Turns pages of book
- Inserts shapes into shape sorter or puzzle
- Throws and kicks ball

### 2 - 3 YEARS:

- Imitates horizontal lines with palmar grasp
- Strings large beads
- Snips with scissors
- Unbuttons large buttons
- Pulls off pants and socks, helps place arms in shirt

### 3 - 4 YEARS:

- Uses a static tripod grasp and colors inside the lines
- Copies horizontal/vertical lines and circles
- Cuts straight lines and simple shapes with “thumbs up” grasp
- Throws and catches ball close by
- Buttons large buttons

### 4 - 5 YEARS:

- Uses a dynamic tripod grasp and writes name with good legibility
- Folds paper in half accurately
- Cuts out squares and triangles
- Completes 12+ piece puzzle without background picture
- Zips jacket