

Developmental Milestones Related to Occupational Therapy

0-12 Months

By this age, my child should ...

- Track people and toys with eyes (6 months)
- Transfer items from hand to hand (6 months)
- Use both hands for play at midline (6 months)
- Grasp items with different parts of the hand:
 - o Palmar grasp (6 months)
 - o Radial palmar grasp (7 months)
 - o Raking grasp (8 months)
 - o Inferior pincer grasp (pad of index finger and thumb – 8 -10 months)
 - o Pincer grasp (tip of index finger – 10 months)

1 Year Old

By this age, my child should ...

- Cooperate during dressing
- Remove socks and shoes
- Express discomfort when diaper is wet or dirty
- Move bowels regularly
- Feed self with fingers
- Scribble on paper
- Release objects into a container
- Roll ball to an adult
- Grasps small items
- Point to toys with index finger
- Allow wiping of nose
- Attempt to bring comb to hair

1½ Years Old

By this age, my child should ...

- Sit on the toilet with supervision
- Use a spoon
- Use a palmar supinate grasp on a marker
- Make marks on paper
- Put small objects into a container
- Attempt puzzles
- Use two hands to play with toys
- Try to blow nose
- Hold toothbrush
- Allow brushing of teeth
- Attempt to assist with washing face, hands, and body parts

2 Years Old

By this age, my child should ...

- Take off a coat with help for fasteners
- Help with pulling down pants
- Locate armholes in a shirt
- Begin to show interest in toileting
- Stay dry for 2 hours or more
- Urinate regularly
- Snip with scissors
- Copies horizontal, vertical, and circular marks on paper
- Throw a ball forward and maintain balance
- Complete 4-5-piece puzzles
- Build 4-block towers
- String beads
- Turn pages of a book

3 Years Old

By this age, my child should ...

- Pull down pants with elastic waist
- Help with putting on socks, coat
- Put on a shirt, shoes with little help
- Unbutton large buttons
- Go to bathroom independently (may need help with wiping)
- Cut across 6 -inch piece of paper
- Use a fork
- Throw a ball to a target 3 ft. away
- Use digital pronate grasp on marker
- Trace cross and simple shapes
- Draw a circle accurately
- Wipe nose without request
- Wash hands thoroughly
- Assist with brushing teeth

4 Years Old

By this age, my child should ...

- Distinguish between front/back of clothing
- Manage snaps, hooks, buttons
- Unzip (3½) and zip (4)
- Dress with supervision
- Remove pullover clothes
- Buckle buckles
- Cut on a 6-inch line and circle
- Use a static tripod or quadrupod grasp
- Copy simple shapes and letters
- Wash self in tub with supervision
- Wash face at the sink independently

5 Years Old

By this age, my child should ...

- Weave a belt through loops
- Tie and untie knots
- Get dressed without supervision
- Toilet independently (including wiping)
- Cut a square

- Use an overhand throw to hit a target 5 ft. away
- Complete 10 -piece puzzles
- Use both hands simultaneously (one to stabilize paper, one to write/draw)
- Draw a stick figure
- Copy name
- String small beads
- Brush teeth well

6 Years Old

By this age, my child should ...

- Tie bows
- Manage fasteners in the back
- Use a knife
- Copy a triangle
- Print own name
- Copy most lower and uppercase letters
- Use a dynamic tripod grasp
- Require supervision only for bathing and tooth brushing
- Complete 20 -piece puzzle

7 Years Old

By this age, my child should ...

- Hit a target 12 ft. away using an overhand throw
- Demonstrate good dexterity for crafts and construction with small objects
- Build a complex structure with both hands
- Demonstrate good precision and motor planning in drawing
- Complete semi -complex puzzles
- Complete grooming and bathing with some reminders (age 7 -9)



Questions?

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