



Occupational Therapy Milestones

Birth to two months:

- Moves arms and legs randomly
- Smiles, coos, and babbles
- loves to be touched and rocked
- uses sucking to self-calm

Three to four months:

- rolls from back to side and may roll from tummy to back
- holds hands together
- Grasp and shake small objects.
- Notices and plays with own feet
- lifts head and chest when lying on tummy
- follows people actively with eyes
- turns head in direction of sound
- babbles, coos, and gurgles
- reaches for and holds objects

Five to six months:

- begins to push up on hands and knees when on tummy may attempt to scoot
- Move objects from one hand to another
- sits by themselves unsupported for a short time
- kicks actively
- touches, grasps, and bangs objects

Seven to nine months:

- crawls on hands and knees
- pulls up to sitting and standing positions
- Begins to respond to name
- grasps small objects by pinching
- waves bye-bye
- better attention/ begins to play longer with people and toys

Ten to twelve months:

- walks holding onto furniture
- stands alone briefly
- finger feeds self
- Grasp small objects with index finger and thumb
- drops into and takes objects out of containers

Thirteen to fifteen months:

- walks alone
- creeps up stairs
- uses a spoon to feed self
- drinks from a cup independently
- begins simple pretend play
- begins to stack blocks

Sixteen to eighteen months:

- runs stiffly
- walks up steps with hand held
- begins to throw ball using whole arm
- uses spoon for entire meal
- takes off simple clothes
- loves simple puzzles, scribbling, and imitation games

Twenty-four months:

- jumps with both feet off floor
- throws and kicks ball
- walks up and down stairs with hand held
- puts on simple clothes
- points to body parts

Three years:

- swings and climbs
- jumps forward on both feet
- copies a circle
- strings large beads
- snips with scissors

Four years:

- hops and balances on one foot for four to six seconds
- catches large ball
- washes hands and brushes teeth independently
- copies a cross and a square
- cuts out a large square

Five Years:

- skips
- balances on one foot for six seconds
- holds pencil with a mature and functional grasp
- colors within line
- laces own shoes