



Private Occupational Therapy

In-Home Pediatric Occupational Therapy

Milestones 2-3 years

GROSS MOTOR

- Climbs well (24-30 mos.)
- Walks down stairs alone, placing both feet on each step (26-28 mos.)
- Walks up stairs alternating feet with support (24-30 mos.)
- Swings leg to kick ball (24-30 mos.)
- Runs easily (24-26 mos.)
- Pedals tricycle (30-36 mos.)
- Bends over easily without falling (24-30 mos.)

FINE MOTOR

- Makes vertical, horizontal, circular strokes with pencil or crayon (30-36 mos.)
- Turns book pages one at a time (24-30 mos.)
- Builds a tower of more than 6 blocks (24-30 mos.)
- Holds a pencil in writing position (30-36 mos.)
- Screws and unscrews jar lids, nuts, and bolts (24-30 mos.)
- Turns rotating handles (door knob) (24-30 mos.)

LANGUAGE

- Uses pronouns (I, you, me, we, they) (24-30 mos.)
- Understands most sentences (24-40 mos.)
- Recognizes and identifies almost all common objects and pictures (26-32 mos.)
- Shows frustration when not understood by others (28-36 mos.)
- Understands physical relationships (on, in, under) (30-36 mos.)
- Can say name, age, and sex (30-36 mos.)
- Uses words to communicate wants and needs (30-36 mos.)
- Knows simple rhymes and songs (30-36 mos.)
- Strangers can understand most of words (30-36 mos.)

COGNITIVE OBSERVED

- Makes mechanical toys work (30-36 mos.)
- Matches an object in hand or room to a picture in a book (24-30 mos.)
- Plays make-believe with dolls, animals, and people (24-36 mos.)
- Sorts objects by color (30-36 mos.)
- Completes puzzles with 3 or 4 pieces (24-36 mos.)
- Understands concept of "two" (26-32 mos.)
- Listens to stories (24-36 mos.)
- Knows several body parts (24-36 mos.)

SELF-HELP

- Can pull pants down with help (24-36 mos.)
- Helps put things away (24-36 mos.)
- Serves self at table with some spilling (30-36 mos.)

SOCIAL/EMOTIONAL

- Uses the word "mine" often (24-36 mos.)



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- Says "no" but will still do what is asked (24-36 mos.)
- Expresses a wide range of emotions (24-36 mos.)
- Objects to major changes in routine, but is becoming more compliant (24-36 mos.)
- Begins to follow simple rules (30-36 mos.)
- Begins to separate more easily from parents (by 36 mo.)

Milestones 3-4 years

GROSS MOTOR

- Hops and stands on one foot up to 5 seconds
- Goes upstairs and downstairs without support
- Kicks ball forward
- Throws ball overhand
- Catches bounced ball most of the time
- Moves forward and backward
- Uses riding toys

FINE MOTOR

- Copies square shapes
- Draws a person with 2-4 body parts
- Uses scissors
- Draws circles and squares
- Begins to copy some capital letters

LANGUAGE

- Understands the concepts of "same" and "different"
- Has mastered some basic rules of grammar
- Speaks in sentences of 5-6 words
- Asks questions
- Speaks clearly enough for strangers to understand
- Tells stories

COGNITIVE

- Correctly names some colors
- Understands the concept of counting and may know a few numbers
- Begins to have a clearer sense of time
- Follows three-part commands
- Recalls parts of a story
- Understands the concept of same/different
- Engages in fantasy play
- Understands causality ("I can make things happen")

SELF- HELP

- Can feed self with spoon without spilling
- Washes and dries hands and face
- Can do simple household tasks (help set the table)
- Can put on simple clothing items, with help for button, zipper, shoelace (jacket, pants, shoes)



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Can run a brush or comb through own hair

SOCIAL/EMOTIONAL

- Interested in new experiences
- Cooperates/plays with other children
- Plays "mom" or "dad"
- More inventive in fantasy play
- Can stay on topic during conversations
- More independent
- Plays simple games with simple rules
- Begins to share toys with other children
- Often cannot distinguish between fantasy and reality
- May have imaginary friends or see monsters

Milestones 4-5 years

GROSS MOTOR

- Stands on one foot for 10 seconds or longer
- Hops, somersaults
- Swings, climbs
- May be able to skip

FINE MOTOR

- Copies triangle and other geometric patterns
- Draws person with body
- Prints some letters
- Dresses and undresses without assistance

LANGUAGE

- Recalls parts of a story
- Speaks sentences of more than 5 words
- Uses future tense
- Tells longer stories
- Says name and address

COGNITIVE

- Can count 10 or more objects
- Correctly names at least 4 colors
- Works in small groups for 5-10 minutes
- Better understands the concept of time
- Knows about things used every day in the home (money, food, etc.)

SELF-HELP

- Uses fork, spoon independently
- Can chew with lips closed
- Goes to the bathroom independently, with reminders
- Undresses independently, may be able to unbutton and unzip



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SOCIAL/EMOTIONAL

- Wants to please
- Prefers to be with friends
- More likely to agree to rules
- Likes to sing, dance, and act
- Shows more independence