

Occupational Therapy Ages and Stages

12 months

- Picks up and eats finger foods
- Holds cup with 2 hands
- Enjoys variety of foods
- Enjoys bath and snuggle time
- Enjoys musical toys and movement experiences
- Established sleep schedule
- Points
- Claps hands together
- Crawls using reciprocal arm/leg pattern
- Sits in a variety of positions on the floor
- Stands with support

18 months

- Beginning to remove shoes when laces are untied
- Wears variety of clothing textures
- Able to soothe self to sleep
- Enjoys toys of various texture and sounds
- Tolerates everyday sounds without difficulty
- Marks or scribbles with a crayon
- Enjoys being gently tossed in the air and going on swings
- Frequently moves in/out of various positions to explore
- Walks independently

2 years

- Unbuttons large buttons
- Removes shoes and socks with little help
- Uses spoon with little spilling
- Drinks from cup well
- Enjoys messy play
- Completes 3 piece puzzles
- Builds a 6 block tower and imitates a train of 4 cubes with no smoke stack on top
- Turns pages of a board book
- Imitates vertical line and circular strokes
- Plays in squat position
- Jumps in place with both feet

3 years

- Eats independently
- Buttons large front buttons
- Zips/unzips jacket once on track
- Puts on shoes (assists with socks)
- Brushes hair
- Completes puzzles with up to 12 pieces (non-interlocking)
- Builds 10 block tower and imitates a 3 block bridge
- Manipulates small objects without difficulty
- Strings beads
- Copies vertical line, horizontal line, and a circle
- Beginning to snip with scissors
- Climbs stairs easily

4 years

- Can identify front/back of clothing
- Dresses and undresses with minimal help or less
- Zips jacket independently
- Fastens smaller buttons
- Uses fork well
- Begins to complete interlocking puzzles
- Uses non-dominant hand to stabilize objects
- Uses static tripod grasp on crayon
- Copies circle, square, and a cross
- Uses scissors to cut along lines and big circles
- Balances on one foot for 1-3 seconds
- Alternates feet when climbing stairs
- Pedals a tricycle

5 years

- Toilets alone
- Dresses/undresses independently
- Places shoes on correct feet
- Eats a diet rich in various foods and textures
- Tolerates haircuts and nail clipping
- Adapts to changes in routine
- Uses a dominant hand during activities
- Uses dynamic tripod grasp on crayon
- Copies a triangle
- Draws a stick person
- Prints their name
- Completes cut and paste activities
- Plays on playground equipment safely and without difficulty
- Hops on one foot

*Seek help early if your child
is not meeting these developmental milestones!*



Darien: 203-424-2584

Fairfield: 203-255-3669

Wallingford: 203-949-9337

Supporting children where they live, learn, and play.