



# LEARNING AND THERAPY CORNER

BUILDING STRONG FOUNDATIONS AND BRIGHT FUTURES

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## **OCCUPATIONAL THERAPY CHECKLIST**

*Please review the various skills grouped by age. If your child is unable to perform multiple skills in their age bracket, you may want to consult with an Occupational Therapist at the LEARNING AND THERAPY CORNER.*

### **(Y N) Newborn**

- closes finger around objects/finger in tight grasp
- alert and interested in sights and sounds
- turns head toward sounds
- lifts and turns head part way while on belly
- brings hand to mouth

### **(Y N) 3 to 5 Months**

- reaches for objects in view
- brings both feet to mouth
- maintains balance while sitting
- begins to transfer items hand to hand
- hands come together in play
- uses mouth to explore objects in environment
- strong gag response, rooting reflex
- visually tracks object from side to side

### **(Y N) 6-8 Months**

- rolls from back to stomach
- looks for objects when they disappear from sight
- sits alone without support

- plays peek-a-boo
- picks up 2 small objects with one hand
- uses forefinger to poke, push, pull small objects
- independently bottle feeds self without mess
- drinks out of a cup with help
- feeds self cracker or cookie
- eye movements independent from head movements

**(Y N) 9-11 Months**

- attends to a book or toy for about 2 minutes
- raises to hands and knees
- “cruises” furniture and walls
- from stomach, raises to sitting position to reach toy
- pulls self to stand and lowers self down
- imitates a scribble
- pick up spoon by handle
- removes socks and unties shoes
- imitates adult’s use of tools, such as combing hair
- attempts spoon feeding
- picks up small objects using thumb and finger grasp

**(Y N) 12-14 Months**

- builds tower of 2 or more blocks
- marks with pencil or crayon
- put small objects in cup or other container
- plays with other children, side by side
- climbs up on chair or other furniture
- walks without help
- insists on feeding self

- drinks from a cup without help
- creeps up 2 steps on hands and knees
- kneels/stands by self with steady balance
- throws small ball
- opens book and turns a few pages at a time
- stirs spoon in cup
- helps a little when being dressed

**(Y N) 15-24 Months**

- walks backwards several steps
- stacks a tower of 4 or more blocks
- kicks a ball forward with good balance
- jumps forward 4 inches without falling
- stoops to pick up toy without falling
- grasps marker with thumb and 1<sup>st</sup> fingers, wraps remaining finger around marker
- turns three pages in book
- feeds self with a spoon and eats with fork
- points to two of own body parts

**(Y N) 2 years – 2 ½ Years**

- placing 1 foot on each step, walks up 4 steps
- draws vertical line
- runs; walks sideways and backwards
- initiates overhand throw/underhand throw
- removes screw on lid from bottle
- stacks 8 to 10 blocks
- strings 2 to 4 large beads on shoelace
- identifies 2 body parts from picture

**(Y N) 2 ½ years – 3 Years**

- washes and dries hands independently
- cuts with small scissors
- plays pretend games
- catches soft objects with both hands
- can jump down from 1 foot heights
- can string large beads on a shoelace or string

**(Y N) 3 years - 3 ½ Years**

- understands concepts such as 'behind,' & 'next to'
- runs with arms moving back and forth
- cuts paper into 2 pieces
- traces horizontal line
- unbuttons (only) using large buttons
- undresses self with some help
- toilet trained
- rides a tricycle using pedals
- draws or copies a complete circle

**(Y N) 3 ½ years – 4 Years**

- hops forward on one foot, then the other foot
- dresses/undresses with some help
- hops forward on one foot, then the other foot
- buttons and unbuttons large buttons
- carries out a series of 3 directions
- paints with a crayon/brush covering a whole page
- learning to take turns in games
- plays make-believe games with other children
- cuts across and down paper with scissors

**(Y N) 4 years - 5 ½ Years**

- completes forward roll accurately
- touches each finger to thumb
- draws a man with head and legs
- compares different textures like: soft, smooth
- names heavier of two objects in hands
- hops on one foot
- able to walk the full length of a balance beam
- participates and enjoys group interaction
- copies a "+" (plus), and a "V"
- dresses/undresses except for laces, back buttons, some zippers, & snaps
- eats with fork and spoon

**(Y N) 5 ½ years - 6 Years**

- jumps back and forth across a line with hands on hips
- accurately imitates arm positions/copies Simon Says postures
- draws six part unmistakable man with body
- points front, back, near, up, down, with eyes closed
- aware of but confuses right and left
- in pictures identifies object that is beside, between, in middle, in front of
- bounces and catches small ball
- folds paper in half twice with edges parallel
- draws triangle from copy
- runs and skips