



Occupational Therapy Development – Parent Checklist

Patient name: _____

DOB: _____

0-12 months old

0-4 months

- ___ Holds head in alignment
- ___ Tracks an object
- ___ moves arms and legs when laying on back
- ___ Lifts head a little when laying on belly, can prop on elbows
- ___ Brings hands together when laying on back
- ___ Props on elbows in prone with neck extension
- ___ Rolls back to side
- ___ Grasps rattle when placed in hand
- ___ Likes looking at a human face more than other things
- ___ Responds to a smile with a smile
- ___ Looks into caregiver's face and eyes with interest
- ___ Reaches toward and touches toy
- ___ Hits at dangling objects with hands

5-6 months

- ___ Sitting using hands for support and starting to sit independently
- ___ Grabs both feet and hold when on back
- ___ Brings feet to mouth
- ___ Reaches to a toy when playing on belly
- ___ Props on extended arms when on belly
- ___ Holds and shakes a toy
- ___ Puts fingers in mouth
- ___ Holds hands open, rather than in fists, at least half of the time
- ___ Smiles at self in front of mirror

7-8 months

- ___ Sitting by themselves
- ___ Retrieves a toy in sitting and returns upright
- ___ Rolls
- ___ Crawls with belly on touching floor
- ___ Bangs a toy on the floor
- ___ Passes a small object from one hand to the other
- ___ Plays peek-a-boo

- ___ Bangs toys together
- ___ Feeds self finger foods

9 months

- ___ Starting to crawl on hands and knees
- ___ Pulls to stand at a table
- ___ Waves Bye-bye
- ___ Releases objects intentionally

10 months

- ___ Protecting reaction backward
- ___ Maintains sitting for 60 seconds while playing with a toy
- ___ Transitions to sitting from on belly
- ___ Bounces while holding onto your fingers
- ___ Takes 4 steps with support on your fingers
- ___ Plays in standing at a table
- ___ Stoops at table to retrieve object from floor

11 months

- ___ Cruising on and between furniture
- ___ Pivots in sitting
- ___ Standing for 5 seconds without support
- ___ Walks 4 steps with 1 hand held
- ___ Walks with a push toy
- ___ Pushes or rolls a ball
- ___ Drops small things, such as cheerios into a cup
- ___ Throws things just to see what happens
- ___ Removes socks

12-18 months old

12 months

- ___ Transitions to stand using hands and feet (bear stance)
- ___ Walks 8 feet with one hand held
- ___ Walks 5 steps independently
- ___ Corrals a ball in sitting
- ___ Grasps thick crayon or pencil in fist as if to mark, but may not mark
- ___ Turns page of a cardboard book
- ___ Helps to pull off simple clothing and extends arms and legs to help with dressing
- ___ Puts objects into others, (puts blocks into a basket)
- ___ Pulls shoes off
- ___ Starting to drink from a straw

13 months

- ___ Rolls a ball 3 feet forward in sitting
- ___ Flings a small ball while standing

- Enjoys looking at pictures in books
- Imitates adult by scribbling with crayon or pencil
- Pushes car along
- Brings filled spoon/fork to mouth

14 months

- Crawls up a few stairs on hands and knees
- Hands things to others
- Points at desired objects with index finger
- Makes a stack of 2 blocks
- Rolls a ball to you

15 months

- Creeps downstairs independently
- Throws ball overhand
- Marks independently on paper with crayon or pencil
- Drinks from cup without much spilling
- Puts something in and then gets it out of a container

16- 18 months

- Turns container over to pour or dump contents
- Turns small knob
- Gets spoon in mouth right-side up with little spilling
- Selects and puts square or rectangular objects into respective receptacles
- Puts large round pegs into pegboard
- Helps dress and undress self

1 ½ - 2 years old

- Throws ball overhand a few feet
- Drinks from cup independently
- Turns light switches on and off
- Looks independently at picture books and turns pages
- Zips and unzips easy zippers
- Plays individually, explores environment to learn, will play beside a peer with little interaction
- Uses play dough, paint, and paper
- Scribbles without going off paper
- Builds a 4-6 block tower

2 – 2 ½ years old

- Throws ball underhand a few feet
- Climbs up jungle gym ladder and negotiates a slide
- Grasps thick crayon with thumb and fingers
- Puts square, round, and triangular shapes into form board
- Imitates drawing a vertical line
- Spontaneously draws strokes, dots, circular shapes

- ___ Stacks 7-8 small blocks
- ___ Hand preference established
- ___ Presents arms and attempts to catch ball
- ___ Identifies 4 body parts on self
- ___ Makes small cuts (snips) on line with child-safe scissors and some help
- ___ Grasps spoon with fingers and rotates wrist to bring spoon to mouth
- ___ Washes hands by self

2 ½ - 3 years old

- ___ Throws ball 7 feet underhand
- ___ Squeezes or pulls play dough apart
- ___ Grasps pencil with thumb and fingers instead of fist
- ___ Screws and unscrews jar lids
- ___ Sorts objects that vary in size only or color only when shown how
- ___ Undresses with help only for fasteners and pullovers with narrow necks
- ___ Matches blue, red, and yellow objects by color
- ___ Eats with a fork (with spillage)
- ___ Catches ball tossed gently from 5 feet
- ___ Completes a simple 3-piece puzzle of something familiar
- ___ Pours accurately from one container to another
- ___ Starting to play in a way that is more symbolic, dramatic, and interactive

3 – 3 ½ years old

- ___ Makes continuous cuts with child-safe scissors
- ___ Copies a horizontal line and a circle
- ___ Builds a 9-block tower
- ___ Spoon/fork to mouth with no spillage
- ___ Dries hands
- ___ Plays by rules and in groups with increase in dramatic and imitative play
- ___ Completes an easy puzzle
- ___ Traces around the edges of basic shape templates
- ___ Cuts a piece of paper in half with scissors on a more or less straight line
- ___ Copies a vertical-horizontal cross

3 ½ - 4 years old

- ___ Puts shoes on completely, on correct feet
- ___ Buttons and unbuttons large – quarter in buttons
- ___ Cuts on a line
- ___ Makes a flat, round cake by pressing and patting dough on table with fingers
- ___ Puts 3 things in order, such as hard to soft, full to empty
- ___ Traces and stays on (most of the time) a 3-inch, pencil-thick, horizontal line
- ___ Begins to copy some vertical/horizontal letters

4 – 4 ½ years old

- ___ Performs a forward roll
- ___ Draws a person with 3 different body parts

- Colors almost entirely within lines of 4-inch wide circle
- Dresses and undresses when requested without much help
- Copies a cross
- Puts socks on correctly

4 ½ - 5 years old

- Pumps self on swing
- Copies and cuts a square
- Cuts easy foods with a knife
- Copies color/shape sequence
- Zips most zippers
- Traces around own hand with a crayon
- Completes simple dot to dot pictures

5 – 5 ½ years old

- Performs a few sit-ups
- Skips
- Performs jumping jacks
- Moves fingers in fine, localized movements when writing with marker
- Reads and writes numerals to 5
- Matches letters in a group of different letters
- Draws a face with mouth, nose, and eyes, and a person with 6 or more parts
- Copies first name, although letters may be large, awkward, or reversed
- Ties shoes (starts at 5, but may not be mastered until 6)
- Prints a few capital letters without copying
- Copies a triangle

5 ½ - 6 years old

- Performs several sit ups well
- Performs several push-ups
- Able to perform the monkey bars
- Names most uppercase letters
- Brushes or combs hair well
- Uses simple tools, such as child's screwdriver
- Prints all numerals 0-9 and all letters without copying

6 - 7 years old

- Able to rollerblade
- completes a 6- to 12-piece interlocking puzzle
- Plays simple card games, such as Go Fish
- Competitive Play: Participates in team sports and activities that promote competition with structured rules