

Occupational Therapy Suggested Toddler/Preschool Milestones

Note: Every child develops at his/her own rate, and these items below are just a general guideline to help determine any potential skill areas to address and focus on for your kiddo(s). Exposure and practice of these skills are key! ☺

| 2-Year Olds (24 months+): | 3-Year Olds (36 months+): | 4-Year Olds (48 months+): |
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| ✓ Turns pages in a book | ✓ Imitates horizontal train of cubes | ✓ Builds a pyramid of six blocks |
| ✓ Inserts shapes into matching slots | ✓ Builds a bridge using three blocks | ✓ Copies his/her own name |
| ✓ Matches simple shapes such as circle, square, and triangle | ✓ Uses vertical, horizontal, and circular motions when drawing | ✓ Names most letters |
| ✓ Independently eats entire meal with a spoon | ✓ Draws a face | ✓ Starts to copy some capital letters |
| ✓ Begins using a fork during mealtimes | ✓ Snips/cuts on a line and/or across paper | ✓ Draws a stick figure with 2 to 4 body parts |
| ✓ Tries to wash own hands & face | ✓ Manipulates large buttons | ✓ Copies drawing a square |
| ✓ Removes loose clothing without assistance (i.e., jacket or shorts) | ✓ Does puzzles with 3 or 4 pieces | ✓ Cuts circle with scissors/ Cuts simple shapes/Near straight line |
| ✓ Puts on socks, coat, and shirt | ✓ Strings small beads | ✓ Colors within the lines |
| ✓ Opens door by turning handle | ✓ Hangs clothing on a hook | ✓ Draws a straight line to connect two dots that are approximately 5 inches apart |

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| ✓ Scribbles vigorously with crayons or markers | ✓ Wipes nose, with reminders as needed | ✓ Dresses and undresses independently |
| ✓ Imitates vertical strokes | ✓ Washes hands unassisted | ✓ Uses table knife for spreading (i.e., soft butter, jelly, and peanut butter) |
| ✓ Snips paper with scissors | ✓ Cleans-up spills | ✓ Zippers efficiently |
| ✓ Stacks at least 4-6 blocks | ✓ Screws and unscrews jar/container lids | ✓ Combs or brushes hair |
| ✓ Rolls, pounds, and squeezes clay | ✓ Shows a wide range of emotions | ✓ Cooperates with other children and/or would rather play with other children than by himself/herself |
| ✓ After demonstration, throws a small ball overhand/underhand at least 3 feet | ✓ Takes turns in games | ✓ Catches a bounced ball most of the time |
| ✓ Might use one hand more than the other (emerging hand dominance) | ✓ Plays make-believe with dolls, animals, and people | |
| | ✓ Kicks a large ball | |