



DO I NEED OCCUPATIONAL THERAPY?

Birth to 3 years Gross Motor Milestones

Keystone Pediatric Therapy – McKinney



Our Occupational Therapists work with families to provide support in the areas of fine motor development, sensory integration, feeding skills, motor development, environmental exploration, play skills, adaptive behavior, and interaction between the child and others. These may include using therapeutic interventions that address perceptual motor skills, fine motor skills, strength and coordination, sensory integration/ sensory processing and self-care activities. Our Occupational Therapists are committed to helping children reach their full developmental potential and realizing their full range of motion to improve their quality of life.

If you notice that your patient has difficulty with many of these areas please refer your patient to the professionals at **Keystone Pediatric Therapy** for help. Keystone has **speech-language pathologists and occupational therapists** that can assess your child's skills and help them reach these goals. To find out more about our program or to schedule an initial evaluation, call **(972) 548-1990**.

Birth to 2 Months	3 Months	4 Months	5 Months
<ul style="list-style-type: none"> • Lift head in prone position (while lying on their stomach) • Turn head to one side in prone position • Turn head to both sides in supine position (lying on back) • Bend or straighten legs and arms • Roll to back when placed on their side 	<ul style="list-style-type: none"> • Hold head up 90 degrees in prone position • Brings both hands together • Extend both legs or kick reciprocally • Hold head in the middle when bounced 2-3 times • Hold trunk off legs briefly while sitting with support at hips 	<ul style="list-style-type: none"> • Places weight on forearms when in prone position • Rotates or extends head • Holds head steady in supported sitting position • Rolls to side with opposite arm crossing body 	<ul style="list-style-type: none"> • Rolls over one way • Raises arms/legs together or alternately after • Does not bear weight on legs • Brings feet up towards mouth together or reaches for both • Holds head up when pulled to sitting
6 Months	7 Months	8 Months	10 Months
<ul style="list-style-type: none"> • Head is level with body when pulled to sit • Extends arm to reach for toy with weight in opposite arm while on back • Reaches for and holds feet briefly • Demonstrates balance reactions • Bears weight on hands in prone position (lying on stomach) • Moves head actively in supported sitting position 	<ul style="list-style-type: none"> • Rolls in both directions to stomach • While in sitting, reaches for toy and returns to sitting • Bears weight on legs • Cannot lift head or assist when pulled to sitting position • Demonstrates balance reactions or protective extensions 	<ul style="list-style-type: none"> • Does not roll over both ways • Moves forwards up to 3 feet on stomach • Sits independently for one minute • Holds weight on one hand while in the prone position • No interest or motivation to crawl 	<ul style="list-style-type: none"> • Gets to sitting independently • Stepping in place • Cruising up to 4 steps • Assumes crawling position (hand-knee position) • Crawling with opposite arms and legs moving together • Sits on own without hand support • Bears weight on legs and bounce
12 Months	15 to 18 Months	24 Months	30-36 Months
<ul style="list-style-type: none"> • Pivots while in sit position to retrieve toy • Pulls self to stand using furniture • Crawls on hand and knees • Walks with both hands held for balance only • Walks independently up to 5 steps forwards • Standing independently 	<ul style="list-style-type: none"> • Walks backwards up to 5 steps • Walks up/down 4 stairs independently • Demonstrates good motor planning by climbing on furniture • Stands alone well or picks up objects from floor • Good balance in kneeling • Creeps up 2 stairs on hands and knees • Throws a ball 	<ul style="list-style-type: none"> • Able to run • Climbs onto furniture, turn and sit • Walks sideways • Stands on and walks on line • Carries a large toy while walking • Squats during play • Jumps small space on line without losing balance 	<ul style="list-style-type: none"> • Jumps with 2 feet and jumps down • Able to walk on tiptoes • Walks on line • Walks up or down stairs without support • Rides a tricycle • Catches a large ball • Kicks a ball