

OCCUPATIONAL THERAPY



Skills Checklist

EARLY CHILDHOOD *Version 2*



- Sub-Sections for children ages newborn to 5 years.
- Organized into 3 month age ranges.
- Quick screen for therapists to assess developmental status of fine motor, visual motor, and self help skills.



OCCUPATIONAL THERAPY



Skills Checklist EARLY CHILDHOOD

CHILD'S NAME: _____ DOB: _____

SCREENER: _____ SCREEN DATE: _____

0 - 3 MONTHS	FINE MOTOR/VISUAL MOTOR/SELF HELP SKILLS		
	YES	NO	COMMENT
Tracks contrasting visual stimuli from side to midline			
Looks at hands			
Clutches and pulls at clothing			
Blinks at sudden visual stimuli			
Follows with eyes upward			
Scratches at blanket with fingers			
Grasps rattle briefly			
Arms become active at the sight of colorful rattle			
Bears some weight on forearms while on belly			
Follows with eyes downward			
While on back, briefly brings hands together at midline			
While on belly works to momentarily lift and turn head			

CHILD'S NAME: _____ DOB: _____

3-6 MONTHS	FINE MOTOR/VISUAL MOTOR/SELF HELP SKILLS		
SKILL	YES	NO	COMMENT
Looks at objects a few feet away			
Mouths Objects			
Can follow with eyes without head movement			
Uses arms to pivot while on belly			
Briefly keeps both hands on bottle			
Grasps cube against palm			
Mouths Hands			
Tracks objects/people from side across midline			
Extends arms straight toward rattle			
While on back clasps hands together at midline			
Props on forearms while on belly			
Notices tiny object			

CHILD'S NAME: _____ DOB: _____

6 - 9 MONTHS	FINE MOTOR/VISUAL MOTOR/SELF HELP SKILLS		
SKILL	YES	NO	COMMENT
Drops objects in space			
Feeds self a cracker			
Attends to pictures			
Holds and drinks from bottle/spouted cup			
Uses arms for "So Big", "Peek a Boo", "Pat a Cake"			
Shakes rattle			
Rakes cheerios, scooping with several fingers			
Transfers objects from hand to hand			
Bangs object on table			
Pulls to standing using mostly arms & upper body			
Rotates wrist while holding toy			

CHILD'S NAME: _____ DOB: _____

9 - 12 MONTHS	FINE MOTOR/VISUAL MOTOR/SELF HELP SKILLS		
SKILL	YES	NO	COMMENT
Holds leg & foot out for putting on pants and shoes			
Holds arms out for dressing/undressing			
Uses fingers (not palm) to hold small cube)			
Releases object independently on a surface			
Puts object in a large container			
Places 1 large block on top of 2 nd block (2 nd may fall)			
Claps hands together			
Uses pincer grasp to pick up cheerio, uses tip of index finger and thumb			
Pokes finger in a hole			
Bangs objects together at midline			
Removes rings from a stacking pole			
Uses arms to creep (on hands and knees)			

CHILD'S NAME: _____ DOB: _____

12- 18 MONTHS	FINE MOTOR/VISUAL MOTOR/SELF HELP SKILLS		
SKILL	YES	NO	COMMENT
Scribbles			
Points with index finger			
Holds toy in one hand and manipulates it with the other hand			
Removes Hat			
Dips spoon in food and lifts to mouth			
Stacks 2-3 cubes			
Dumps contents from a jar			
Places many cubes in a cup			
Tries to put on shoe			
Holds cup by the handle			
Places circle in shape sorter			
Turns 2-3 pages at a time in a thick book			
Stirs spoon in a cup (following a demonstration)			
Removes socks			

CHILD'S NAME: _____ DOB: _____

18 - 24 MONTHS	FINE MOTOR/VISUAL MOTOR/SELF HELP SKILLS		
SKILL	YES	NO	COMMENT
Removes loose fitting shoes			
Unzips large zipper			
Uses fingers (not palm) to hold small cube			
Releases objects independently on a surface			
Pulls apart large pop beads			
Scoops food with spoon, some spillage			
Puts object in a large container			
Washes hands partially			
Places 1/2 inch pegs in a pegboard			

CHILD'S NAME: _____ DOB: _____

24 - 30 MONTHS	FINE MOTOR/VISUAL MOTOR/SELF HELP SKILLS		
SKILL	YES	NO	COMMENT
Snips with scissors, cutting in one place			
Imitates horizontal stroke			
Strings 2-4 large beads			
Places 2/5 rings on stacking pole			
Puts together large pop beads			
Puts shoes on with assistance			
Spears food with fork, some spillage			
Uses spoon well with little spillage			
Folds paper in 1/2 (crease may be loose & inexact)			
Stacks 6-8 cubes			
Holds cup with one hand			
Unbuttons one large button			
Unwraps some packaged foods			
Washes hands independently			
Helps with pushing pants down & pulling up			

CHILD'S NAME: _____ DOB: _____

30 - 36 MONTHS	FINE MOTOR/VISUAL MOTOR/SELF HELP SKILLS		
SKILL	YES	NO	COMMENT
Builds a 4 cube train			
Builds a 3 cube bridge			
Copies a circle (after looking a picture of one)			
Builds a 9 cube tower			
Unties and removes shoes			
Removes pull over garment (T-shirt)			
Puts shoes on (may be on incorrect feet)			
Brushes hair with supervision			
Uses napkin			
Pours liquid from one container to another			
Dries hands			
Puts on front button shirt (without buttoning)			

CHILD'S NAME: _____ DOB: _____

36- 42 MONTHS	FINE MOTOR/VISUAL MOTOR/SELF HELP SKILLS		
SKILL	YES	NO	COMMENT
Unscrews a jar lid			
Cuts 6 inches across paper			
Completes a 5-8 piece interlocking puzzle			
Displays a hand dominance			
Winds a knob on a toy			
Builds a 4 cube wall			
Laces 3 holes (after demo. - down, up, etc.)			
Throws tennis ball overhand 10 ft.			
Catches medium ball tossed to chest from 5 ft. away			
Throws tennis ball @ 2 ft. target from 5 ft. away			
Holds pencil with thumb & 3 or more fingers			
Imitates 2/3 postures			

CHILD'S NAME: _____ DOB: _____

42 - 48 MONTHS	FINE MOTOR/VISUAL MOTOR/SELF HELP SKILLS		
SKILL	YES	NO	COMMENT
Puts on shoes (may be incorrect feet)			
Holds pencil in tripod grasp (thumb, index, and middle finger)			
Unbuttons medium sized buttons			
Buttons medium sized buttons			
Copies a cross, after looking a picture of one			
Traces on a 5 by 1/2 inch line			
Cuts on a 5 x 1/4 in. line with 1/2 inch accuracy			
Holds scissors in one hand and paper in other			
Snaps			
Throws tennis ball underhand 8-10 ft.			
Imitates 2/3 postures			
Throws tennis ball to hit 2 ft. target from 5 ft.			

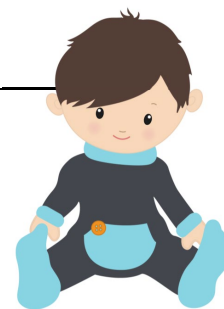
CHILD'S NAME: _____ DOB: _____

48 - 54 MONTHS	FINE MOTOR/VISUAL MOTOR/SELF HELP SKILLS		
SKILL	YES	NO	COMMENT
Copies a diagonal stroke (/)			
Copies a square			
Cuts out a circle (3inch diameter) w/ 1/4 inch accuracy			
Holds spoon with fingers			
Orients pants correctly and puts on			
Puts on socks			
Draws a 3 part person			
Traces medium sized geometric shapes w/ 1/8 inch accuracy			
Catches tennis ball thrown from 5 ft. 2/3 times			
Throws tennis ball at 2 ft. target from 12 ft 2/3 x's			
Imitates 2/3 postures			
Throws ball overhand overhand 10 ft.			

CHILD'S NAME: _____ DOB: _____

54 - 60 MONTHS	FINE MOTOR/VISUAL MOTOR/SELF HELP SKILLS		
SKILL	YES	NO	COMMENT
Folds paper precisely in one half (edges within 1/4 inch)			
Colors 2 by 2 inch area filling in 75%.			
Touches each finger to thumb within 8 seconds			
Places a paperclip on paper (after a demo.)			
Cuts out a square (3 inch sides) 1/4 inch accuracy			
Puts shoes on correct feet			
Builds 6 cube pyramid			
Draws straight line to connect 2 dots (6 in. apart)			
Builds 6 cube steps			
Draws a 9 part person			
Copies a diagonal stroke (\)			
Copies an X			

COMMENTS/ADDITIONAL INFORMATION:



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