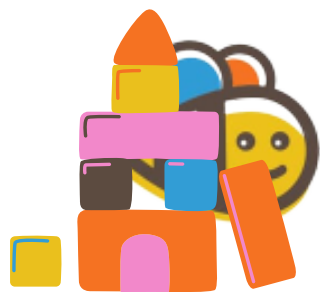


Occupational Therapy could benefit your child if they struggle with



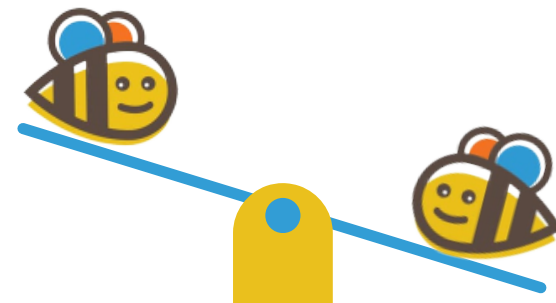
Handwriting



Cleaning up



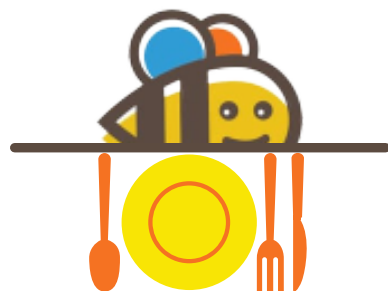
Bathing
Self Care



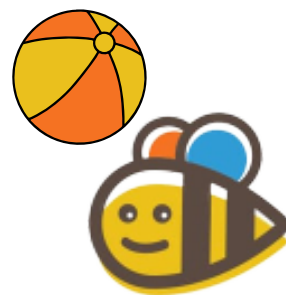
Playing outside



Getting dressed



Eating
Drinking



Playing with toys



Playing with
Friends

Developmental Milestones

Self Care, Play, Visual Motor, and Fine Motor Skills

0-6 Months

- Tracks objects with eyes
- Communicates hunger, fear, or discomfort through crying
- Demonstrates a reflexive grasp when objects are placed in hand
- Reaches for and grasping objects
- Recovers an object dropped within their visual field, by feel, or hear it within reaching range
- Coordinates suck, swallow, breathe sequence

6-12 Months

- Plays for 2-3 minutes with a single toy
- Reaches for nearby objects
- Imitates gestures, responds to facial expressions
- Identifies self in mirror
- Tolerates a range of textured foods
- Reaches and grasps to put objects in mouth
- Demonstrates controlled release of objects
- Transfers objects from one hand to another
- Pokes and points with the index finger
- Drinks from a cup
- Holds a bottle or cup independently
- Uses tongue to move food around mouth
- Feeds self small crackers or other small pieces of food

1-2 Years

- Distinguishes between edible and inedible objects
- Looks in the right spot for hidden objects
- Sit to look and listen to books being read
- Engages in imaginative play
- Enjoys/ tolerates messy play
- Settles themselves to sleep at night
- Follows simple 1 step instructions
- Solves problems with trial and error
- Builds a tower of 3 small blocks
- Picks up small objects with thumb and one finger
- Puts shapes into shape sorter
- Removes their own socks and shoes
- Brings spoon to mouth
- Holds and drinks from cup independently

2-3 Years

- Has an awareness of parent's approval or disapproval of their actions
- Expresses emotions
- Follows 2 step instructions
- Points to 5-6 parts of a doll when asked
- Builds a tower of 3-5 small blocks
- Turns single pages in a book
- Makes snips with scissors
- Holds crayon with thumb and fingers
- Imitates circular, vertical, and horizontal strokes
- Completes inset puzzles
- Understands common dangers of hot objects, stairs, and glass
- Unbuttons large buttons
- Feeds self simple meals with utensils

3-4 Years

- Takes turns
- Plays with 2-3 children in a group
- Copes in noisy/ busy environments
- Builds a tower of 9-10 blocks
- Uses non-dominant hand to assist and stabilize objects
- Threads a sequence of small beads onto a string
- Cuts roughly around pictures
- Completes 4-6 piece interlocking puzzles
- Brushes teeth, dressing, and toileting independently
- Feeds self without difficulty
- Copies a circle

4-5 Years

- Develops friendships
- Expresses emotions
- Follows rules
- Plays with 4-5 children in a group
- Cuts along line continuously
- Copies 9 block models
- Copies a cross, and square
- Holds pencil with 3 point grasp
- Colors inside the lines
- Writes their name
- Copies letters and numbers
- Copies simple pictures using geometric shapes
- Completes 8-12 piece interlocking puzzle
- Chooses weather appropriate clothing

5-6 Years

- Morning routine sequence
- Packs a bag for school or other outings without assistance
- Cuts out simple shapes
- Self-generates letters independently
- Copies a triangle
- Holds a pencil with 3 fingered grasp and generating movement from fingers
- Completes 20 piece puzzle
- Bounces and catches small ball

6-7 Years

- Showers independently
- Eats a range of food and tolerating different textures
- Independently completes toileting tasks during the day and at night
- Tells the time
- Simple meal prep
- Forms letters and numbers correctly
- Cuts neatly around shapes
- Writes on the lines
- Endurance for writing tasks
- Copies diamond

Pre-writing Developmental Milestones for Kids



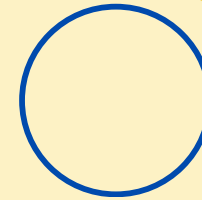
Vertical Line

Age 2- imitates
Age 3- copies/masters



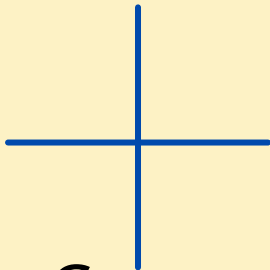
Horizontal Line

Age 2 1/2- imitates
Age 3- copies/masters



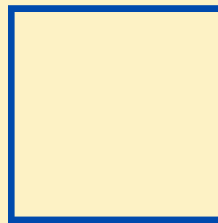
Circle

Age 2 1/2- imitates
Age 3- copies/masters



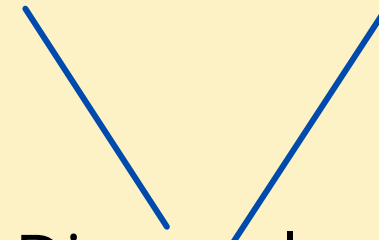
Cross

Age 3 1/2- imitates
Age 4- copies/masters



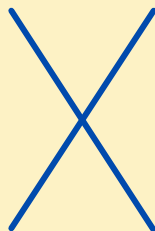
Square

Age 4



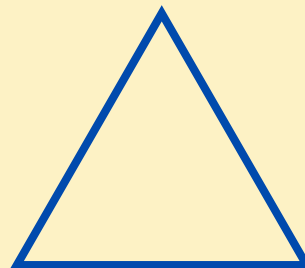
Diagonals

Age 4 1/2



"X"

Age 5



Triangle

Age 5

Why are scissor skills so important?



Build Fine Motor Strength

Cutting with scissors helps children to build up the muscles in their hands with the squeezing and open/close motion. These muscles are important for handwriting, using utensils, and getting dressed.



Increase Bilateral Coordination

Properly using scissors teaches children to use both sides of the body at the same time while each hand is performing its own task. When cutting, you must hold the paper with one hand and cut with the other. This is essential for fastening zippers, washing dishes, and riding a bike.



Develop Hand-Eye Coordination

Using Scissors requires children to use their eyes and hands together to accomplish their goal. Hand-eye coordination is important for cleaning up, using utensils, throwing and catching a ball, and putting on shoes.



Improve Focus and Attention

Cutting on a line and around shapes takes concentration and attention to detail. This is a vital skill in the classroom, at home, and as adults! Being able to focus is important for reading, following instructions, and completing tasks.

Activities to Build Scissor Skills:

- Make a collage by cutting out pictures in magazines
- Snip or tear different texture materials (tissue paper, construction paper, felt, plastic, newspaper, etc)
- Use tongs or tweezers to move pom poms between containers
- Cut straws into pieces and thread onto string to make a bracelet or necklace
- Make a watercolor painting with a squirt gun
- Dance to Baby Shark to practice large and small movements
- Cutting to music helps develop a steady "open, cut" rhythm

Scissor Skills Developmental Progression

Presented with scissors

Learns correct grasp

Learns to open and close scissors

Learns to snip

Learns to cut continuously

Begins to cut along line

Learns to cut out shapes

