

When should a parent pursue Occupational Therapy?

Parents should consider seeking an evaluation with an Occupational Therapist if their child demonstrates any of the following:

Birth to 2 months:

- Does not grasp objects placed near palm (finger)
- Does not release rattle
- Does not visually track to 90 degrees on each side of midline
- Does not place open hand on table

3 months:

- Does not follow an object with their eyes
- Hands remain closed almost all of the time
- Frequently resists being held
- Becomes upset when moved, as when being picked up, laid down, or handed from one familiar person to another

4 months:

- Does not swipe at or reach for objects
- Does not bring hands or objects to their mouth
- Frequently irritable for no apparent reason
- Does not place both hands on bottle while being fed
- Is unable to grasp a rattle

5 months:

- Does not hold own bottle
- Doesn't smile at own image in a mirror
- Does not extend arms towards toy
- Unable to hold rattle

6 months:

- Involuntarily drops objects after only a few minutes
- Does not actively grasp large finger foods (such as teething cookies) when they are placed on the highchair tray
- Is excessively and consistently upset by leaving the home

7 months:

- Does not transfer an object from one hand to the other
- Does not assist with cup and spoon feeding
- Is not able to grasp cube with whole hand
- Unable to shake a rattle
- Does not bring hands together to midline

10 months:

- Not beginning to pick up small objects
- Does not poke with index finger
- Is not accepting a variety of food textures
- Is excessively upset by being dressed, diapered, bathed, or having hair groomed

12 months:

- Isn't able to pick up a cheerio or other small object with tip of the thumb and the tip of the index finger
- Is not sleeping through the night most of the time
- Is not interested in exploring toys made for one year olds
- Is excessively upset by sounds of: siren, barking dog, vacuum cleaner, or other familiar loud noises
- Cannot pass an object from one hand to the other
- Cannot pick up small objects

15 months:

- Cannot put a one inch object into a container with a slightly bigger opening
- Cannot stack two cubes
- Cannot put a round form into a round shape on a puzzle
- Has a hard time picking up small objects

18 months:

- Cannot point to a few of the following body parts: eyes, nose, mouth, hair, tummy, legs, feet, and hands
- Cannot turn pages of a cardboard book, or regular small book two or three pages at a time
- Cannot stack four cubes

24 months:

- Play with toys only by tapping, shaking, or throwing
- Cannot unscrew top of a one inch or two inch bottle
- Cannot remove socks, untie shoes, or pull on pants without help
- Cannot build tower of six blocks
- Does not use utensils well

30 months:

- Cannot imitate drawing a vertical line or a circular scribble on paper immediately after seeing an adult draw these lines
- Cannot stack eight to ten cubes
- Cannot imitate drawing a horizontal line immediately after seeing an adult draw a horizontal line

36 months:

- Cannot remove / pull on clothing after fasteners have been undone
- Does not imitate the actions of adults in the home
- Does not pretend during play
- Does not demonstrate grasp of crayon
- Is not using utensils properly
- Cannot complete 5-6 piece puzzle
- Cannot build tower of 9 blocks

36-48 months (3-4 years):

- Is not able to snip with scissors
- Is not grasping and scribbling with marker
- Unable to button or unbutton buttons
- Unable to assist with zipping
- Unable to copy simple shapes (circle, cross)

48-60 (4-5 years):

- Is unable to put on socks
- Is unable to pull pants on/off
- Is unable to color in between lines
- Is unable to cut simple shapes (circle, square)
- Does not care for self at toilet (may need help after bowel movement)

For additional information,
contact
RiverView Rehab Services
at 800.743.6551.