

Occupational Therapy helps your child prepare for school

Occupational therapists (OTs) are health professionals who help children anticipate, plan, sequence, and execute everyday occupations.

This enables a child to develop age appropriate independence and responsibility performing their occupations at school, home, and community.

If you have questions about how OTs can help your child, please call us.



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On the Road to Pre-school



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Steps to Pre-school Readiness

Below is a list of major common developmental milestones seen in children. Please remember that each child does develop at his or her own pace.

6 months

- Uses hands and mouth to explore objects
- Reaches for objects with hands
- Interacts by smiling and babbling
- Sits up independently

1 year

- Tries to imitate gestures and words
- Explores objects in many different ways (e.g. banging it, pushing buttons)
- Says single words (e.g. mama)
- Starts to take steps
- Uses thumb and index finger to pick up smaller objects (e.g. cereal)
- Starts to indicate a soiled diaper



Preschools require that all students are toilet trained before starting school

2 years

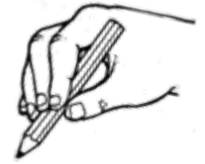
- Can walk independently, while carrying toys
- Says simple phrases (2 – 4 words)
- Builds tower of 4 blocks
- Scribbles on his or her own
- Starts using a fork and spoon to eat
- Chews a variety of table foods with different textures (e.g. chicken)

A strong oral structure helps develop language

3 years

- Plays make-believe
- Follows 2 or 3 part command
- Walks up and down stairs using alternate feet (one foot per step)
- Make — | ○ lines on paper
- Holds pencil with “tripod” grasp (using three fingers)
- Can take on/off elastic pants and take off jacket
- Uses the toilet independently except to clean after a bowel movement

Drawing lines and circles prepares a child to form letters



4 years

- Create stories / role play with other children
- Speak 5 – 6 word sentences with more clarity
- Throws and kicks balls with more accuracy
- Names a few colors and numbers in counting
- Copies simple shapes and some capital letters
- Cut with scissors
- Put shoes and socks on with little help