



1-5 Year Old Motor Development Check List

Occupational Therapists are able to help assess and improve the motor skills children use in everyday activities. Use this checklist to help you identify when to seek their expert help.

Go to the section for the child's age. Put a tick in the box for every skill the child has. If there are any boxes unticked, we recommend you seek the advice of an Occupational Therapist.

1 Year Old

Does the child?

- Pull to stand, walk forward and sideways holding a hand
- Stand alone
- Use their thumb and forefinger to pick up small objects
- Point with their index finger
- Build a tower of two blocks and bangs two blocks together
- Feed himself/herself finger food
- Put items into container and take them out again
- Turn rotating handles (e.g., a jack in the box toy)
- Reach for and grasp objects
- Let go of items slowly (place them instead of dropping)
- Transfers objects from one hand to the other



2 Year Old Checklist

Does the child?

- Walks up stairs and may walk backwards
- Squats and stands up without using hands
- Kicks a ball and throws overarm
- Sits on tricycle and propels with feet on the ground
- Builds a tower of approx. 6 blocks
- Turn pages, removes wrapping from objects
- Copies a drawing of a vertical line
- Paints on paper using whole arm to move the paintbrush
- Pull up larger zipper
- Begin to string large beads
- Making snips with scissors
- Eating without assistance
- Using one hand consistently for more activities
- Completes insert puzzles



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3 Years Old

Does your child?

- Use a spoon and fork while eating
- Use the toilet, with some help with wiping and dressing
- Wash their hands independently and brush their teeth with some help
- Put clothes on and off independently (except small buttons)
- Make a continuous cut with scissors
- Draw a horizontal line and trace a circle
- Join in play with other children and show awareness of other children's feelings
- Sometimes use synonyms and word categories to explain word meanings
- Hop and try to skip, as well as climbing and jumping
- Complete a 6 piece interlocking puzzle



4 Years Old

Does your child?

- Eat and drink using appropriate utensils independently
- Use the toilet in the day with minimal supervision
- Dress independently, with clothes on the right way around
- Kick a ball with control
- Write a couple of letters in the alphabet
- Copy numbers 1-5
- Have a clear hand preference
- Skip and hop correctly
- Draw a person with 3 body parts



5 Years Old

Does your child?

- Attempt to organise breakfast for themselves
- Use the toilet independently day and night
- Separate from you without crying/tantrum
- Comb and brush hair with supervision, blow their nose
- Dress themselves, including tying and untying shoelaces
- Draw a person with a face, including eyes and nose
- Use outdoor equipment competently and confidently
- Write their own name and some numbers
- Use a pair of scissors to cut along a line



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