

MILEMARKERS

3-4 years old

How is your child doing?

Please check “Y” for YES (if your child can complete that activity independently) or “N” for NO (if your child still needs help with that activity).

If your child cannot do 2 or more of these activities in any category, then they may benefit from an evaluation.

<p>Physical Therapy Milestones</p>	<p>[Y] [N] Initiates jumping [Y] [N] Catches a large ball using their body to help [Y] [N] Imitates 1 foot standing [Y] [N] Climbs on playground equipment & ladders [Y] [N] Catches an 8” ball with hands only [Y] [N] Pedals tricycle [Y] [N] Walks downstairs alone, both feet on the step [Y] [N] Gallops [Y] [N] Walks on a line [Y] [N] Hops on 1 foot [Y] [N] Stands on 1 foot [Y] [N] Jumps down from 12 inches with feet together [Y] [N] Walks up & downstairs, alternating feet [Y] [N] Runs well, able to stop & avoid obstacles</p>
<p>Occupational Therapy Milestones</p>	<p>[Y] [N] Scoops food with a spoon & brings it to mouth with minimal spillage [Y] [N] Turns single pages in a book [Y] [N] Removes loose clothing [Y] [N] Brushes teeth with assistance [Y] [N] Uses fingers (not palm) to hold a small cube [Y] [N] Can tolerate a variety of clothing [Y] [N] Can snip with scissors [Y] [N] Goes to the bathroom with assistance [Y] [N] Indicates needs for toileting [Y] [N] Beginning to share toys with peers [Y] [N] Can get undressed with help for fastenings [Y] [N] Imitates simple lines & shapes [Y] [N] Can build a tower with blocks</p>
<p>Speech Therapy Milestones</p>	<p>[Y] [N] Knows some spatial concepts Example: “in, on” [Y] [N] Knows some pronouns Example: “You, me, his” [Y] [N] Uses 3-word sentences [Y] [N] Speech is more accurate but may leave off ending sounds [Y] [N] Answers simple questions [Y] [N] Begins to use pronouns Example: “You, I” [Y] [N] Identifies colors [Y] [N] Uses most speech sounds but may distort more difficult ones Example: L,R, S, Sh, Ch, Y, V, Z, & Th [Y] [N] Strangers are able to understand most of what is being said [Y] [N] Able to describe the use of objects [Y] [N] Uses verbs Example: “eating, running”</p>

If you have any questions, please call Milemarkers at 928-854-5439.