

MILEMARKERS

5-7 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] Stands on 1 foot for 8-10 seconds [Y] [N] Throws a ball to target [Y] [N] Performs somersaults (forward roll) [Y] [N] Skips, alternating feet [Y] [N] Hops 5x or more on one foot [Y] [N] Begins to jump rope [Y] [N] Able to walk forward & backward on a balance beam [Y] [N] Jumps over objects landing with their feet together [Y] [N] Walks backward heel to toe [Y] [N] Rides bike without training wheels [Y] [N] Kicks a soccer ball towards a goal [Y] [N] Walks on a balance beam [Y] [N] Able to do jumping jacks</p>
<p>Occupational Therapy Milestones</p>	<p>[Y] [N] Puts on shoes - may be on the wrong feet [Y] [N] Manipulates snaps, zippers, & medium size buttons [Y] [N] Completes 8 piece inset puzzle [Y] [N] Can cut along a line [Y] [N] Enjoys playground activities (not fearful when leave the ground) [Y] [N] Cuts out simple, then complex shapes [Y] [N] Can write name with an adult grasp [Y] [N] Ties shoes independently (6 years) [Y] [N] Gets dressed independently [Y] [N] Manipulates small buttons [Y] [N] Can share with others [Y] [N] Can handle group situations Example: Standing in line</p>
<p>Speech Therapy Milestones</p>	<p>[Y] [N] Understands complex sentences [Y] [N] Speech is understandable but may make mistakes pronouncing long, difficult, or complex words Example: “Hippopotamus” [Y] [N] Uses some irregular past tense words Example: “ran, fell” [Y] [N] Answers why questions [Y] [N] Lists items that belong in a category [Y] [N] Understands time sequence Example: “First, second, third” [Y] [N] Carries out 3-steps directions [Y] [N] Understands & begins to rhyme [Y] [N] Engages in conversation [Y] [N] Uses compound & complex sentences [Y] [N] Uses imagination to create stories [Y] [N] Can keep a secret</p>

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