



## 4-5 year Milestones Checklist

	Yes	No
<b>Motor</b>		
Walks up and down steps with an alternating pattern without handrail		
Catch and throw a ball overhand		
Skip and hop on 1 foot consistently		
Walk backward without falling		
Stand on one foot for 10 seconds or longer		
Begins to jump rope		
Cuts out simple shapes		
Copies a square		
Traces first name		
Can print some capital letters		
Colors inside the lines (mostly)		
Dresses self (likely still requiring assist for buttons, snaps, ties)		
Uses utensils to feed self		
<b>Sensory</b>		
Can tolerate touching different textures for play and feeding		
Does not become overly distressed with loud sounds		
Tolerates/enjoys swinging		
Transitions without significant meltdowns between activities		
Tolerates losing or "failures" without significant meltdowns		
No significant aversions to clothing textures		
<b>Feeding</b>		
Circulatory jaw movements improve - "adult like" rotary chew		
Chews with lips closed, breathes through nose		
Working further on increasing speed, strength and efficiency		
Eating bigger and bigger pieces of harder to chew table foods		
Minimal Spilling - using utensils appropriately		



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	Yes	No
<b>Communication</b>		
Understands spatial concepts, such as "behind" or "next to"		
Describes how to do things, such as painting a picture		
Lists items that belong in a category, such as animals or vehicles		
Follows some 3 step requests		
Speech is understood by familiar and unfamiliar listeners almost 100% of the time		
Starting to use complex and/or compound sentences		
Starting to understand rhyming concepts		
Uses imagination to create stories		
Engages in conversations		