



SELF HELP AND ORAL MOTOR MILESTONES

0-6 Months

- Sucks well
- Makes sucking sound
- Tongue moves vertical and in/out
- Opens mouth for feeding
- Begins eating cereals, fruits and juices

6-9 Months

- Jaws begin moving vertically (up/down)
- Begins eating with fingers
- Holds, bites and chews food
- Lifts a cup with handles
- Closure of the upper lip on a spoon

10-12 Months

- Drinks okay from a cup
- Enjoys some solids
- Takes off shoes and socks
- Stops drooling
- Will cooperate while being dressed

13-18 Months

- Full use of cup with no choking and few drips
- Uses spoon independently
- Chews most foods well
- Moves around the house with adults
- Gets into adult chair without help
- Copies daily activities, such as combing hair

19-24 Months

- Drinks from a straw
- Controls lips when cup is removed from mouth
- Uses spoon while feeding without excessive spilling

- Indicates pants are wet and toilet needs

2-3 Years

- Wipes hands and face
- Selective when choosing toys
- Recognizes names of family members
- Ask for help with needs
- Undresses/Dresses self with help for fasteners
- Unbutton large buttons
- Brushes teeth with horizontal and vertical motions
- Puts on shoes

4-5 Years

- Prints name without model
- Laces shoes
- Takes care of toileting needs
- Dresses/Undresses independently
- Combs/Brushes hair
- Cuts easy food with knife
- Can zip/button independently

6-7 Years

- Ties shoes independently
- Independent in bathing
- Selects clothing for temperature and occasion
- Uses bathroom before beginning an activity
- Sets/Clears table without assistance