

2-4 YEARS MILESTONE CHECKLIST

	Yes	No	Unsure
1. Can run symmetrically, heel to toe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Can dress independently, using buttons & zippers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Can throw a ball and catch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Can hop and balance on one leg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Can use utensils for eating & writing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Can ride a tricycle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Can hold a pencil with their thumb & fingers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Can complete a 3-8 piece inset puzzle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

You know your child best. If your child is not meeting one or more of these milestones, or you are unsure, then act early.

Contact us or your healthcare professional to further evaluate your child. Our occupational and physical therapists are happy to help!

DON'T WAIT, ACTING EARLY CAN MAKE A REAL DIFFERENCE

Call us Today & Book Your
 Initial Consultation

732-223-6309



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 our early childhood
 services on our website