

# Do We Need OT?

OTs specialize in child development. Below are a list of typical milestones seen at various ages. If your child has not reached some of these milestones, OT may be beneficial for your family.

## 4 YEARS

- Hops and stands on one foot up to 5 seconds
- Goes up and down stairs without support
- Kicks ball forward
- Throws ball overhand
- Catches bounces ball most of the time
- Moves forward and backward with agility
- Copies square
- Draws a person with 2-4 body parts
- Uses scissors
- Cuts on a line
- Draws circles and squares
- Begins to copy some capital letters
- Dresses and undresses with some assistance
- Engages zipper
- Interested in new experiences
- Cooperates with other children
- Increasingly inventive in fantasy play
- Negotiates solutions to conflicts
- Views self as whole person
- Often cannot distinguish between fantasy and reality



**BLOSSOM**  
THERAPEUTICS

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