

## GROSS MOTOR MILESTONES

### BIRTH – 3 MONTHS

- Elevates head 45-90° while bearing weight on forearms
- Hand to hand contact while lying on back
- ATNR in supine (fencing position)
- Stepping reflex in supported standing

### 3 – 5 MONTHS

- Rolls from back to side
- Brings hands to feet and feet to mouth
- Weight bearing on extended arms
- Reaches out for toy while on forearms
- Sits while propping forward on arms

### 6 – 8 MONTHS

- Rolls from back to stomach
- Sits independently
- Transitions between quadruped and sitting
- Belly crawling, possibly hands and knees crawling
- Breaks fall in sitting by reaching out sideways or forward

### 9 – 12 MONTHS

- Sits in a variety of positions while playing with toys
- Hands and knees crawling
- Cruises along furniture
- Pulls to stand at furniture through ½ kneel
- Stands alone and lowers self from standing
- May begin walking independently

### 12 – 18 MONTHS

- Squats during play
- Takes steps sideways and backwards
- Demonstrates early running
- Kicks an 8" ball
- Throws underhand in sitting

### 18 – 24 MONTHS

- Ascends and descends stairs with the railing
- Jumps off the floor
- Walks across a balance beam with one foot on
- Stands one to two seconds on one foot
- Propels a ride-on toy
- Catches a large ball

### 2 – 3 YEARS

- Ascends and descends stairs with alternating steps
- Jumps down from a step with feet together
- Jumps backwards and sideways
- Hops on one foot
- Rides a tricycle
- Catches a ball from five feet away (arms straight)

### 3 – 4 YEARS

- Demonstrates mature running;
- Gallops
- Takes independent, alternating steps on balance beam
- Demonstrates trunk rotation with throwing
- Catches a ball with arms bent at the elbows

### 4 – 5 YEARS

- Ambulates on balance beam, heel-toe pattern
- Ambulates backwards on balance beam
- Stands on one foot for ten seconds
- Catches a ball with elbows at sides
- Jumps forward three feet

## FINE MOTOR MILESTONES

### BIRTH – 3 MONTHS

- Follows moving objects along a horizontal, vertical, and circular path
- Focuses momentarily on face/light
- Looks at hand for three seconds
- Closes fingers in tight grasp

### 3 – 5 MONTHS

- Integration of grasp reflex
- Moves head to track moving object
- Reaches for dangling object
- Reaches for cube and touches it
- Fingers own hands in play at midline
- May reach grasp for rattle and bring to mouth
- Uses radial palmar prehension
- Transfers toy from hand to hand

### 6 – 8 MONTHS

- Brings hands together with block
- Rakes or scoops up raisin and picks them up with a fist
- Feeds self a cracker
- Bangs cup on table
- Grasps cube between thumb and first and second fingers
- Uses inferior pincer grasp with raisin

### 9 – 11 MONTHS

- Pokes with isolated index finger;
- Removes both socks
- Drops object with voluntary release
- Uses a neat pincer to grasp a raisin/Cheerio
- Attempts to imitate scribble

### 12 – 18 MONTHS

- Plays patty-cake and waves
- Opens book and turns a page
- Turns over container
- Stacks 2-3 cubes to build a tower
- Places round form in form board
- Drinks from a cup
- Releases raisin into small bottle
- Points to desired objects

- Imitates crayon stroke
- Places pegs in board without help

### 19 – 24 MONTHS

- Makes vertical and circular scribble after demonstration
- Completes three-piece form board
- Stacks four to six cubes
- Holds crayons with fingers
- Puts tiny objects into containers

### 2 – 3 YEARS

- Removes screw-on lid from bottle
- Unzips & unsnaps clothing
- Stacks eight to ten cubes
- Strings five beads
- Imitates three block train
- Draws horizontal strokes imitatively
- Folds paper in half; Copies a circle
- Snips on line using scissors
- Starts showing hand preference

### 3 – 4 YEARS

- Puts together simple puzzles
- Makes a bridge with three blocks
- Cuts following a line
- Washes and dries hands by self
- Unbuttons clothing; Puts sock on
- Grasps markers with a tripod grasp
- Draws a person with three parts
- Imitates drawing a square
- Closes two of three front snaps
- Directs spoon and fork into mouth without spilling

### 4 – 5 YEARS

- Buttons front-opening clothing
- Opens all fasteners
- Copies a square
- Cuts out circle and square printed on paper
- Builds pyramid of six blocks
- Colors between vertical lines
- Connects dots by drawing straight line

## SPEECH MILESTONES

### BIRTH – 3 MONTHS

- Makes pleasure sounds (cooing)
- Cries differently for different needs
- Smiles when he/she sees a person
- Watches speaker's eyes/mouth

### 3 – 6 MONTHS

- Babbling sounds more speech-like with sounds including p, b, and m, often in chains ("bababa")
- Turns eyes/head to sound of voice
- Responds to sounds/voices by vocalizing
- Uses sounds/gestures for wants

### 6 – 9 MONTHS

- Says "dada" and "mama"
- Cries when separated from parent
- Imitates familiar gestures
- Looks for family members and pets when named

### 9 – 12 MONTHS

- Has one to three words (bye-bye, mama, dada)
- Shows understanding of approx. 50 words (e.g. cup, hot)
- Begins to use jargon, "tata", "baba"
- Understands/responds to own name
- Begins to use speech and gestures intentionally to initiate social interactions
- Shakes head "no" and waves "bye"

### 12 – 18 MONTHS

- Uses 10-15 words spontaneously
- Uses exclamation such as "uh-oh"
- Vocalizes wants and needs
- Names desired item within sight
- Identifies at least one body part when prompted
- Brings object from another room upon request

### 18 – 24 MONTHS

- Uses two-word sentences including nouns, verbs, and modifiers (Ex: "car go", "want juice")
- Sings phrases of songs
- Identifies six body parts
- Speech can be understood 50% of the time
- Obeys two-part commands "Pick up the ball and give it to me"
- Points to five-seven pictures of familiar objects/people

### 2 – 3 YEARS

- Uses two to three word sentences
- Asks one to two word questions
- Uses 50-250+ words
- Understands 500-900+ words
- Speech can be understood 50%-75% of the time by unfamiliar listeners
- Answers simple questions
- Requests items by name
- Understands antonyms (big vs. little)

### 3 – 4 YEARS

- Uses 800-1,500+ words
- Understands 1,200-2,000+ words
- Talks about activities at school/home
- Uses sentences with four+ words
- Engages in long conversations
- Uses correct form of verbs (eat/ate)
- Understands simple question words: who, what, where, why
- Sounds mastered by 36 months: p, b, m, t, d, k, g, h, n, w, h

### 4 – 5 YEARS

- Uses 1,500-2,000+ words
- Understands 2,800+ words
- Uses four to eight word sentences with correct grammar
- Relays a long story accurately
- Listens to a short story and answers simple questions

## SOCIAL & EMOTIONAL MILESTONES

### BIRTH – 3 MONTHS

- Begins to develop a social smile
- Enjoys playing with others and may cry when playing stops
- Becomes more communicative and expressive with face and body
- Imitates some movements and facial expressions

### 3 – 7 MONTHS

- Enjoys social play
- Interested in mirror images
- Responds to other people's expressions of emotions

### 7 – 12 MONTHS

- Shy or anxious with strangers
- Cries when caregiver leaves
- Enjoys imitating people in their play
- Shows specific preferences for certain people and toys
- Tests caregiver responses to their actions during feeding
- Tests responses to their behavior
- May be fearful in some situations
- Prefers caregiver over all others
- Repeats sounds for attention
- Finger feeds self
- Extends arm or leg to help when being dressed

### 12 MONTHS – 2 YEARS

- Social Milestones**
  - Imitates behavior of others
  - Increasingly aware of self as separate from others
  - Increasingly enthusiastic about company of other children
- Emotional Milestones**
  - Demonstrates increasing independence
  - Begins to show defiant behavior
  - Episodes of separation anxiety increase toward midyear; then fade

### 2 – 3 YEARS

- Social Milestones**
  - Imitates adults and playmates
  - Spontaneously shows affection for familiar playmates
  - Can take turns in games
  - Understands "mine" and "his/hers"
- Emotional Milestones**
  - Expresses affection openly
  - Expresses a wide range of emotions
  - Separates easily from caregiver
  - Objects to major changes to routine

### 3 – 4 YEARS

- Social Milestones**
  - Interested in new experiences
  - Cooperates with other children
  - Plays "Mom" or "Dad"
  - More inventive in pretend play
  - Dresses and undresses
  - Negotiates solutions to conflicts
  - More independent
- Emotional Milestones**
  - Imagines that many unfamiliar images may be "monsters"
  - Views self as a whole person involving body, mind, and feelings
  - Often cannot distinguish between pretend and reality

### 4 – 5 YEARS

- Social Milestones**
  - Wants to please friends
  - Wants to be like friends
  - More likely to agree to rules
  - Likes to sing, dance, and act
  - Shows more independence (may visit a neighbor by themselves)
- Emotional Milestones**
  - Aware of sexuality
  - Able to distinguish pretend from reality
  - Sometimes demanding, sometimes eagerly cooperative