



A variety of Professionals across different disciplines at L.I.F.E. worked together to create this brochure to ensure up to date information as of 2021.



DEVELOPMENTAL MILESTONES

BIRTH TO FIVE YEARS

www.laureninstitute.org
 1305 S. Gilbert Road
 Gilbert, AZ 85296
 phone: 480-621-8361
 fax: 480-621-8513

WHAT IS L.I.F.E.?

We are an organization that offers multiple therapy services, a private academy, after-school and summer program, adult program, employment programming, and community services for those that are differently-abled, all under one roof!

We believe in a transdisciplinary approach where different professionals and departments are constantly collaborating to best support the goals of our consumers. We believe in the importance of addressing the whole person's needs, including their social/emotional, cognitive, and physical well-being.

Please see www.laureninstitute.org for more information on L.I.F.E.

HOW WE STARTED

Carrie Reed (the president and co-founder) started L.I.F.E. because her daughter Lauren was diagnosed with a rare disorder called Sanfilippo Syndrome.

Lauren was the inspiration for Carrie and Margaret (CEO and Co-founder) to create a place for individuals that required multiple services for treatment.

Recognizing the need for a place where high-quality professionals could deliver therapy in one place, Lauren's Institute for Education was born.



Back Row: Carrie Reed, Co-Founder and President, Justin Travillion, Chief Financial Officer, Margaret Travillion, Co-Founder and Chief Executive Officer. Front Row: Lauren Reed.

DEVELOPMENTAL MILESTONES

Developmental Milestones are physical or behavioral signs of development.

This brochure provides an overview of developmental milestones from birth to five years in five different areas:

- **Gross Motor:** using large muscles to produce large movements such as for walking
- **Fine Motor:** using small muscles to produce small movements such as for picking up a piece of food
- **Speech:** understanding words (receptive) and saying words (expressive)
- **Social/Emotional:** interacting with others

As you review the developmental milestones listed here, it is important to remember that each child will develop at their own pace. For example, a child will typically begin walking at 12 months. However, the range is anywhere from 8 to 18 months. Just because your child has not demonstrated every skill in a given section is not a reason to be concerned.

On the other hand, if you notice that your child is delayed in many of the skills across multiple areas, it is important to discuss your concerns with your pediatrician.

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GROSS MOTOR MILESTONES

BIRTH – 3 MONTHS

- Elevates head 45-90° while bearing weight on forearms on stomach
- Hand to hand contact while lying on back
- Stepping movement/reflex observed in supported standing position
- Kicks legs reciprocally while laying on back
- Needs full support to sit

3 – 5 MONTHS

- Rolls from back to side
- Brings hands to feet/feet to mouth while on their back
- Weight bears on extended arms/elbows when on stomach
- Reaches out for toy while on forearms
- Sits while propping forward on arms
- Demonstrates head control in pull to sit

6 – 9 MONTHS

- Rolls from back to stomach
- Sits independently
- Transitions between hands and knees to sitting position
- Belly crawls forward, possibly hands and knees crawling
- Breaks fall in sitting by reaching out sideways/forward to maintain balance

9 – 12 MONTHS

- Sits in a variety of positions while playing with toys
- Crawls on hands and knees
- Cruises along furniture
- Pulls to stand at furniture through half kneel
- Stands alone in free space and lowers self to floor from standing
- May begin walking independently

12 – 18 MONTHS

- Squats then stands-maintains balance
- Walks forward independently
- Starts walking backward
- Corrals medium sized ball when sitting
- Throws ball when sitting
- Attempts to crawl upstairs

18 – 24 MONTHS

- Ascends and descends stairs
- Attempts to catch a large ball
- Walks across a balance beam with one foot staying on the floor
- Jumps upward off the floor
- Propels a ride-on toy

2 – 3 YEARS

- Ascends and descends stairs with alternating step pattern
- Jumps down from a step with feet together
- Stands on one foot (1-3 seconds)
- Catches a ball from 5 feet away (arms straight out in front of body)
- Jumps forward with both feet ~24 inches

3 – 4 YEARS

- Demonstrates mature running
- Alternates steps on balance beam
- Throws overhand (i.e. baseball pitcher)
- Catches a ball with arms bent at elbows
- Hops on one foot
- Rides a tricycle
- Jumps backward/sideways

4 – 5 YEARS

- Navigates hopscotch pattern
- Stands on one foot (8-10 seconds)
- Catches a ball with hands only
- Jumps forward 3 feet
- Gallops/Skips
- Walks across a balance beam without falling off

FINE MOTOR MILESTONES

BIRTH – 3 MONTHS

- Closes fingers in tight grasp
- Follows moving objects along a horizontal, vertical and circular path
- Looks at hand(s) for 3 seconds
- Focuses momentarily on face/light

3 – 5 MONTHS

- Uses whole hand to grasp items
- Brings hands together at midline, plays with fingers
- May grasp a rattle and bring to mouth
- Reaches for and touches blocks/cubes
- Moves head to track moving objects

6 – 8 MONTHS

- Transfers toy from hand to hand
- Brings hands together with block/cube
- Rakes with fingers to pick up raisin (small item) and picks up with a fist
- Bangs cup on table
- Reaches to touch faces or objects

9 – 11 MONTHS

- Uses finger pad to pad pincer grasp on raisin (small items)
- Pokes with isolated index finger
- Drops object with voluntary release

12 – 18 MONTHS

- Uses tip to tip pincer grasp on raisin/Cheerio
- Turns containers over/dumps
- Places pegs in board
- Builds 2-3 cube/block tower
- Holds crayon in fist
- Places round pieces into puzzle or shape sorter
- Points to desired objects
- Scribbles spontaneously
- Drinks from a cup
- Finger feeds self
- Removes sock, hat

19 – 24 MONTHS

- Turns pages in board books
- Builds 4-6 cube/block tower
- Puts tiny objects into containers
- Places 3 shapes into inset puzzles or shape sorters
- Imitates scribbling, simple strokes
- Cooperates with toothbrushing
- Attempts to wash face/brush hair

2 – 3 YEARS

- Removes screw-on lid from bottle
- Builds 8-10 cube/block tower
- Strings 2-4 beads
- Grasps marker or crayon with fingers; fingers pointed toward paper
- Copies vertical and horizontal lines
- Snips on a line with scissors
- Imitates 3 block train
- Unzips a zipper
- Gets undressed

3 – 4 YEARS

- Grasps markers/crayons with 3 or 4 fingers, moves whole arm to draw
- Builds tower of 9-10 cubes/blocks; bridge with 3 cubes/blocks
- Folds and creases paper
- Copies a circle
- Draws a person with 2-3 parts
- Cuts along a straight line
- Washes and dries hands
- Dresses self with minimal help
- Fastens snaps on clothing
- Uses fork & spoon; minimal spilling

4 – 5 YEARS

- Emerging dynamic tripod grasp on crayon, starts using wrist movements
- Emerging hand dominance
- Builds pyramid of 6 blocks
- Copies cross, squares, & diagonal lines
- Cuts out simple shapes
- Opens all fasteners

SPEECH MILESTONES

BIRTH – 3 MONTHS

Talking

- Makes pleasure sounds (cooing)
- Cries differently for different needs

Hearing and Understanding

- Startles at loud sounds
- Quiets or smiles when you talk
- Seems to recognize your voice

4 – 6 MONTHS

Talking

- Coos/Babbles/Giggles/Laughs
- Makes sounds (e.g. pa, ba, mi)

Hearing and Understanding

- Moves eyes in direction of sounds
- Responds to changes in tone of voice
- Pays attention to music

7 – 12 MONTHS

Talking

- Babbles and imitates in long strings of sounds (bababa, mimimi, etc.)
- Uses sounds to get attention
- Points to objects/Uses gestures (e.g., waving, reaching, shaking head 'no')
- Says 1 or 2 words

Hearing and Understanding

- Turns to look in direction of sounds
- Looks when you point
- Understands common words for items and people
- Starts to respond to words and phrases like "no", "come here", etc.
- Plays games like peek-a-boo

1 – 2 YEARS

Talking

- Uses new words (includes p/b/m/h/ and w in words)
- Starts to name pictures in books
- Puts 2 words together
- Answers simple questions

Hearing and Understanding

- Points to items/pictures when asked
- Follows 1-step instructions
- Listens to short stories/songs/rhymes

2 – 3 YEARS

Talking

- Uses k/g/f/t/d and n in words
- Uses words like *in*, *on*, and *under*
- Speech is understood by familiar people most of the time
- Asks "Why?"
- Puts 3 words together
- Talks about things not in the room

Hearing and Understanding

- Understands opposites (e.g., go/stop)
- Follows 2-part instructions

3 – 4 YEARS

Talking

- Answers simple Who, What, and Where questions
- Says rhyming words (e.g., cat-hat)
- Uses pronouns (I, you, me, we & they)
- Uses some plurals (e.g., books)
- Speech is understood by most people
- Asks when and how questions
- Puts 4 words together
- Talks about what happened during the day

Hearing and Understanding

- Understands words for colors/shapes/familiar people
- Responds when you call from another room

4 – 5 YEARS

Talking

- Says all speech sounds (may make mistakes on l, s, r, v, z, ch, sh, and th)
- Talks without repeating words/sounds most of the time
- Names letters/numbers
- Uses sentences that have more than one action word
- Tells a short story/Has a conversation
- Alters language due to place/listener

Hearing and Understanding

- Follows 3 step instructions
- Understands order words (first/next)
- Understands most of what is heard

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 people and toys
- Tests caregiver 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 with dressing

12 MONTHS – 2 YEARS

Social Milestones

- Imitates behavior of others
- Plays pretend
- Increasingly aware of self as a separate person from others
- Increasingly enthusiastic about other children

Emotional Milestones

- Demonstrates increasing independence
- Begins to show defiant behavior
- Episodes of separation anxiety increase near 18 months, then fade out

2 – 3 YEARS

Social Milestones

- Imitates adults and playmates
- Spontaneously shows affection for familiar people
- 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

Emotional Milestones

- Imagines that unfamiliar images are monsters
- Views self as a whole person
- 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
- Increasingly independent

Emotional Milestones

- Increasingly aware of their own biology
- Able to distinguish pretend from reality
- Sometimes demanding, sometimes eagerly cooperative