

Developmental Milestones

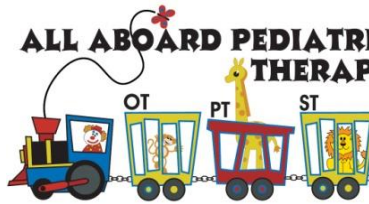
(General Overview)

0-3 months

- Visual tracking
- Turns head both ways
- Notices hands
- Lifts head from prone
- Spontaneous movements of legs
- Good head control
- Midline orientation
- Simple grasps/release
- Visual tracking: following rattle with eyes
- Startles to loud sounds
- Quiets when spoken to
- Coos/makes throaty sounds
- Smiles when sees caregiver
- Cries differently for different reasons
- Looks intently at speaker
- Turns head to both sides while on back
- Hold head up 45 degrees while on stomach
- Holds head in midline when held

4-7 months

- Grasping objects (blocks, paper)
- Rolls from stomach to back (vice versa)
- Pushes up from stomach
- Midline orientation
- Assists in raising head when pulled to sit from supine
- Bears weight on arms
- Props self on extended arms
- Sits unsupported briefly, propping forward
- Trunk control and good sitting balance
- Activating arms: waving arms in excitement, reaching for toys (to front and side)
- Using both hands to play with toys toward middle of body
- Transfers objects between hands
- Picks up more than one small object
- “Banging” objects on table
- Turns head to find sounds
- Babbling includes p,b,m
- Vocalizes excitement and displeasures
- Vocalizes when talked to, moving arms and legs
- Head is steady in supported sitting
- Pushes to sit from prone using rotation



8-9 months

- Pulls up to half kneeling
- Assumes hands and knees position and rocks
- Props to side
- Crawls forward on stomach
- Enjoys simple games, like peek-a-boo
- Picks up small objects (pegs, puzzle pieces, etc.)
- Crumples paper
- Clapping hands
- Protests with gestures or sound
- Vocalizes 2 vowels and 2 consonants
- Sits with no support
- Commando crawls
- Stands holding onto furniture
- Gets into sitting without assistance
- Pulls to stand at furniture

10-12 months

- Pulls to stand
- Creeps on hands and knees
- Stands and Cruises
- Walks with one hand held
- Communicates nonverbally with gestures
- Responds to simple requests (come here, wave bye bye, play patty cake)
- Has 1 or 2 words
- Pointing finger, poking finger in hole
- Shaking toys
- Releasing objects on command
- Stands independently for 2-3 seconds
- Crawls on hands and knees
- Walks with both hands held

13-14 months

- Appropriately plays with shape sorter
- Turning pages (can be more than one at a time)
- Stacking blocks
- Placing simple shapes in puzzles
- Identifies familiar objects
- Puts 2 syllables together
- Follows simple commands with cues
- Listens to stories
- Plays with toys correctly
- Cruises along furniture
- Walks with one hand held
- Walks alone (2-3 steps)

15-17 months

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- Walks independently
- Crawls upstairs
- Walks with narrow base
- Removing socks
- Specific placement of objects (pegs in pegboard)
- Imitating “scribble” on paper
- Identifies familiar objects
- Puts 2 syllables together
- Follows simple commands with cues
- Listens to stories
- Plays with toys correctly
- Transfers from sitting to standing independently
- Walks sideways

18-23 months

- Building tower with blocks (6-8)
- Walks up stairs with one hand held
- Walks confidently and safely
- Squats
- Pulling apart “pop beads”
- Building tower with blocks
- Stringing beads
- Snipping with scissors
- Walks backwards
- Throws ball forward
- Carries toy while walking
- Runs with some balance difficulties
- Walks up stairs and down stairs with one hand held, both feet on each step
- Points to named pictures
- Identifies body parts
- Imitates words
- Uses 5-10 words
- Puts 2 words together
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24-29 months



- Turning door knob
- Removing cap from bottle
- Uses spoon to feed self
- Walks up and downstairs
- Goes up and down stairs alone
- Stands on balance beam with both feet; attempts to step
- Kicks ball
- Jumps from bottom step (both feet together)
- Able to walk on tiptoes
- Throws ball 5 to 7 feet in vertical pattern
- Turning door knob- using wrist rotation
- Copying objects arrangement (building basic block design)
- Jumps up with both feet off floor
- Stands on one foot for one second
- Catches large ball
- Asks 1 or 2 word questions
- Identifies clothing items
- Names objects in pictures
- Uses many different consonant sounds at the beginning of words

30-35 months

- Keeps balance while walking on tiptoes
- Throws ball 5 to 7 feet in vertical pattern
- Takes a few alternative steps on balance beam
- Rides tricycle using pedals
- Goes up stairs alternating feet
- Stands on one foot and balances
- Walks with reciprocal arm swing
- Runs
- Copying circle
- Washing hands with wrist rotation
- Unbuttoning
- Cutting across paper
- Jumps in place with both feet
- Hops on one foot
- Understands descriptive and spatial concepts (big, wet, little, soft, in, on, etc)
- Follows 2 step commands
- Uses 2-4 word sentences

36-41 months



- Showing hand preference
- Dresses self (help with fasteners)
- Feeding independently
- Copying more difficult drawings (cross, etc.)
- Uses quantity concepts
- Names a variety of pictures
- Walks downstairs alternating feet while holding onto rail
- Identifies colors
- Understands pronouns
- Uses sentences of 4-5 words
- Answers questions logically

42-47 months

- Copying shapes
- Gallops forward
- Cutting out circle
- Putting lace through shoe (not in order)
- Copying shapes (square, cross, etc.)
- Tracing line
- Identifies colors
- Holding marker in "tripod" grasp
- (resting 3rd finger, using thumb and index to guide pencil)
- Jumps down from object 12 inches high
- Answers questions logically
- Makes inferences (using clues to figure out situations)...

48-59 months

- Improved hand coordination
- Feeds self, eats soup without spilling
- Turns complete somersault
- Balance on one foot
- Improved hand coordination
- Buttoning large buttons
- Placing paperclips on paper
- Hops in place
- Hop on one foot forward 10 feet
- Balance on each foot more than 5 seconds
- Repeats sentences
- Responds to where/why questions
- Folding paper

60-71 months

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- Connecting dots
- Coloring within lines
- Touch all fingers to thumb (quickly)
- Dress self completely
- Ties shoes
- Uses past tense forms
- Feeding (uses knife for spreading and cutting soft foods)
- Improved hand coordination
- Specifically placing small items (pennies, etc.)
- Uses grammatically correct sentences

If you feel that your child is not reaching the appropriate milestones for his or her age level, please contact the pediatrician. Your child's doctor will determine if therapy can help your child reach his or her full potential.

**These milestones are a compilation of pediatric occupational, physical, and speech therapists experience, as well as areas of achievement on the Peabody Developmental Motor Scales and other testing criteria used.*