

DEVELOPMENTAL MILESTONES

Normal Guidelines

Gross Motor Skills

- 4 weeks - able to hold head up from the table momentarily
- 3 mths - head and shoulder can be supported by the forearms
- 4 mths - infant can be pulled up into a sitting position by the hands
- 6 mths - sits unsupported in the upright position
- 6 mths - head and shoulders can be supported by the arms
- 6 mths - rolls from prone to supine position
- 9 mths - crawls
- 9 mths - stands holding onto furniture
- 11 mths - walks with someone holding onto one hand
- 12 mths - walks unassisted
- 2 years - runs
- 2 years - negotiates stairs placing 2 feet on each step
- 3 years - climbs stairs using one foot on each step
- 4 years - walks down stairs with one foot on each step
- 4 years - hops on one foot

Social skills

- 2 mths - smiles
- 3 mths - reaches for familiar objects
- 4 mths - plays with hands
- 6 mths - plays with feet
- 9 mths - clearly shows joy and pleasure
- 12 mths - feeds self with fingers
- 15 mths - plays peek-a-boo
- 18 mths - understands yes and no

Fine motor skills

- at birth - Primitive grasp reflex present
- 4 mths - holds and shakes a rattle placed in the hand
- 5 mths - grasps objects independently
- 6 mths - moves an object from one hand to the other
- 6 mths - self-feeding, can hold and eat a cookie
- 6 mths - checks objects by placing them in the mouth
- 12 mths - picks up object with thumb and index finger
- 15 mths - turns 2 to 3 pages of a book at a time
- 18 mths - turns pages of a book one at a time
- 24 mths - builds a tower containing at least 5 blocks
- 24 mths - builds a tower containing at least 10 blocks

Communication skills

- 7 weeks - makes cooing sounds
- 3 mths - laughs
- 5 mths - uses one syllable words such as "da"
- 8 mths - uses 2 syllable words such as "dada"
- 12 mths - uses 2 to 3 word vocabulary
- 24 mths - uses 2 to 3 word phrases

Adaptive Skills

- 10 mths - feeds from a cup unassisted
- 12 mths - holds own bottle
- 20 mths - feeds self with utensils
- 30 mths - able to identify and match some colors
- 36 mths - copies a circle
- 42 mths - copies a cross