

Developmental Milestones Worksheet

1 month:

regards face
responds to sound, startles to noise
eyes fix and follow to midline
flexed posture (hands, arms, legs)
consolable when crying
sucks well
lifts head momentarily when prone
moves all extremities well

2 Months:

GM lifts head 45 degrees when prone
GM some head control in upright position
L turns or alerts to sound
L coos (vowels)
PS regards face
PS social smile
FM grasps
VM eyes fix on small objects

4 months:

GM rolls prone over
GM head steady when sitting supported
GM supports on forearms in prone
L coos (vowels)
PS laughs and squeals
PS social smile
PS responds to caregiver's voice
VM hand to mouth
VM hands to midline
VM releases objects voluntarily

6 months:

GM raises body on hands in prone
GM rolls both ways
GM sits with support, head steady
GM weight bearing
L babbles reciprocally (consonants)
L initiates vocalizations
PS smiles/laughs
PS shows interest in objects
VM grasps and mouths objects
VM rakes small objects

9 months:

GM crawls, creeps, scoots
GM gets to sitting
GM cruises
GM may pull to stand
L "mama, dada, baba" (indiscriminately)
L responds to own name
L inhibits to no
PS stranger anxiety
VM bangs objects together
VM transfers hand-to-hand
VM pincer grasp

12 months:

GM walks with one hand held
GM walks 2-3 steps independently
GM cruises
LC babbles with inflection
LC "mama, dada", plus 2 words
LC points to names object or body part
PS simple games (peek-a-boo, pat-a-cake)
PS waves "bye-bye"
PS stranger anxiety

PS joint attention
VM drinks from cup
VM finger feeds

15 months:

GM Walks independently
GM Walks up stairs with one hand held
GM seats self in small chair
GM climbs into an adult chair
LC 4-6 words
LC follows one-step commands
LC points to named objects and body parts
LC looks at a book
LC names & points to a picture
PS joint attention

PS imitates use of objects (e.g. comb, phone)

VM scribbles imitatively with crayon
VM builds tower of 2 blocks
VM uses cup and spoon

18 months:

GM runs
GM throws object without falling
LC 7-10 words
LC combining words (may be unintelligible)
LC points to 5 body parts when asked
PS parallel play
PS imitates use of objects (comb, phone)
VM scribbles spontaneously with crayon
VM turns pages

24 months:

GM kicks ball
GM walks up stairs with one hand held
GM jumps in place
LC 2 word sentences (intelligible)
LC 50 words
LC searches for object when hidden
LC pretends
PS removes garment
PS feeds self, spills food
PS plays with other people
PS hugs a doll or stuffed animal
VM imitates a vertically drawn line
VM 4 block train
VM eats with spoon and fork

36 months:

GM alternates steps going upstairs
GM pedals
GM throws ball overhand
LC >200 words
LC 3-word sentences
LC uses: "I, me, you"
LC gives full name, age, gender
LC listens when read to
PS brushes teeth with help
PS pretend play
PS shares and takes turns
PS undresses completely
PS verbalizes toileting needs
PS dries hands
VM copies a circle
VM builds 3 block bridge
VM draws a person with 2 body parts

4 years:

GM hops, skips
GM alternates feet going downstairs
LC names 4 colors
LC sings song or nursery rhyme from memory
LC asks complex questions
LC 4-5 word sentences
LC speech 100% intelligible
PS plays cooperatively with groups
PS imaginative play
PS dresses all but tying

5 years:

GM stands on one foot for 10 sec
GM skips
GM tandem walks
LC speech 100% intelligible
LC counts 5 objects
LC rote counts to 10
LC identifies some letters
PS identifies a friend
PS plays game with rules
VM standard pencil grip
VM draws person with 10 parts
VM prints name

6-12 years:

GM participates in extracurricular activities
LC school performance acceptable
LC articulation skills normal
LC language skills normal
PS enjoys school
PS positive interaction with peers
PS positive interaction with family
VM able to complete age-specific tasks

GM = Gross motor
LC = Language, communication
PS = Personal, social
VM = Visual motor