

Developmental Milestones

المحاضر: أ.د. احمد هاشم عبد الغفور

Developmental Milestones are ages at which a majority of children will demonstrate and master sets of skills. Each child's development is unique; however, most children follow this typical developmental pattern.

0-1 Year: Gross Motor Skills

Turns head to both sides when lying on back (0-2 mo)

Lifts head up when lying on tummy (0-2 mo)

Holds head up 90 degrees when lying on tummy (3-5 mo)

Stretches out and kicks legs when lying on back or stomach (1-5 mo)

Holds chest up in prone while putting weight on forearms (2-3 mo)

0-1 Year: Fine Motor Skills

Moves arms together (0-2 mo)

Brings hands to middle of body when lying on back (1-3 mo)

Grasps toys actively (2-4 mo)

Follows object with eyes without moving hands (4-6 mo)

Reaches for object with both arms (4-5 mo)

0-1 Year: Social Skills

Enjoys physical contact and touch (0-3 mo)

Establishes eye contact (0-2 mo)

Develops a social smile (1-4 mo)

Enjoys social play (3-6 mo)

Becomes anxious when separated from parent (6-9 mo)

0-1 Year: Self Help Skills

Can open and close mouth in response to food (0-1 mo)

Coordinates sucking, swallowing, and breathing (1-5 mo)

Sleeps from 4-10 hour intervals at night (1-3 mo)

Brings hand to mouth (2-4 mo)

Can swallow pureed foods (3-6 mo)

0-1 Year: Cognitive Skills

Responds to sounds (0-1 mo)

Inspects hands (2-3 mo)

Uses hands and mouth to explore objects (3-6 mo)

Can find a partially hidden object (4-6 mo)

Attempts to obtain desired object that is out of reach (5-9 mo)

0-1 Year: Language Skills

Cries when hungry or uncomfortable (0-1 mo)

Makes sucking sounds (0-3 mo)

Cry begins to vary in pitch, volume, and length to express needs (1-5 mo)

Laughs (1-4 mo)

Coos (2-7 mo)

1-2 Years: Gross Motor Skills

Walks backwards (12-21 mo)

Walks well without support (13-15 mo)

Throws ball forward (15-18 mo)

Walks upstairs with one hand held (17-19 mo)

Kicks a ball (18-24 mo)

1-2 Years: Fine Motor Skills

Builds tower using 2 blocks (12-16 mo)

Points with index finger (12-16 mo)

Scribbles on own (13-18 mo)

Uses hands in center of body, one holds an object while the other manipulates it (16-18 mo)

Can imitate vertical strokes when scribbling (20-24 mo)

1-2 Years: Social Skills

Displays independent behavior (12-15 mo)

Shows a sense of humor (12-18 mo)

Tends to be messy (12-18 mo)

Imitates adult behaviors, like housework

(15-18 mo)

1-2 Years: Self Help Skills

Brings spoon to mouth (12-15 mo)

Indicates discomfort after soiling pants (12-18 mo)

Scoops food and feeds self with spoon (15-24 mo)

Removes socks (15-18 mo)

Gives up bottle (18-24 mo)

1-2 Years: Cognitive Skills

Shows understanding of colors (12-18 mo)

Places circle in shape puzzle (12-15 mo)

Recognizes several people (12-18 mo)

Places square in shape puzzle (12-18 mo)

Matches objects (15-19 mo)

1-2 Years: Language Skills

Attempts to communicate (12-17 mo)

Uses 1-word sentences (12-14 mo)

Uses expressions like "oh no" (12-14 mo)

Says "no" (13-15 mo)

Can name 1-2 familiar objects (13-18 mo)

2-3 Years: Gross Motor Skills

Catches a large ball (24-16 mo)

Rides a tricycle (24-30 mo)

Walks upstairs alone (24-25 mo)

Jumps 8-14 inches (24-30 mo)

Walks on a line (24-26 mo)

2-3 Years: Fine Motor Skills

Can imitate horizontal strokes when scribbling (24-30 mo)

Can roughly copy a cross (24-26 mo)

Folds paper in half (24-30 mo)

Can copy a circle (25-36 mo)

Builds 8 block tower (28-31 mo)

2-3 Years: Social Skills

Able to distinguish self as a separate person (24-36 mo)

Can be clingy and dependent (24-30 mo)

Can be physically aggressive (24-30 mo)

Dramatizes using a doll (24-30)

Initiates play independently (24-30 mo)

2-3 Years: Self Help Skills

Unbuttons large buttons (24-25 mo)

Brushes teeth with help (24 mo)

Undresses with help (24 mo)

Dresses with help (28-32 mo)

Uses a fork (30-36 mo)

2-3 Years: Cognitive Skills

Understands concept of one (24-30 mo)
Can demonstrate use of objects (24-28 mo)
Obeys a related 2-part command (18-24 mo)
Obeys a separate 2-part command (24-29 mo)
Matches circles, squares, and triangles (26-30 mo)

2-3 Years: Language Skills

Produces more sounds (p, b, m, k, g, w, h, n, t, d)
Uses 3 word sentences (24-30 mo)
Uses past tense (24-30 mo)
Answers questions (24-26 mo)
Vocalizes all needs (30-31 mo)

3-4 Years: Gross Motor Skills

Stands on 1 foot for 5 seconds (41-46 mo)
Stands on tiptoes for 3 seconds (43-44 mo)
Runs 45 feet in 6 seconds (37-38 mo)
Jumps forward 26 inches (37-38 mo)

3-4 Years: Fine Motor Skills

Cuts a 5 inch line within ½ inch of the line (41-42 mo)
Copies a cross with intersecting lines (41-42 mo)
Can drop 10 small pellets in a bottle within 30 seconds (41-42 mo)
Traces 5 x ¼ inch line without deviating more than 2 times (41-42 mo)

3-4 Years: Social Skills

Interested in new experiences
Cooperates with other children
Plays “mom” or “dad”
Increasingly inventive in fantasy play

3-4 Years: Self Help Skills

Finds front of clothing (42 mo)

Snaps or hooks front fastener (42 mo)

Unzips zipper (42 mo)

Buttons series of 3 or 4 buttons (42 mo)

3-4 Years: Cognitive Skills

Correctly names some colors

Understands counting and may know a few numbers

Tries to solve problems from a single point of view

Begins to have some sense of time

3-4 Years: Language Skills

Has mastered some basic rules of grammar

Speaks in sentences of 5 to 6 words

Speaks clearly enough for strangers to understand

4-5 Years: Gross Motor Skills

Stands on one foot for 10 seconds or longer (59-60 mo)

Can complete 3 sit-ups in 30 seconds (59-60 mo)

Hops forward on one foot (47-48 mo)

Can walk backward on a line for 5 steps (51-52 mo)

4-5 Years: Fine Motor Skills

Grasps marker/pencil between thumb and pad of index finger with marker resting on middle finger (49-50 mo)

Cuts a circle (49-50 mo)

Can connect dots with a straight line (53-54 mo)

Cuts a square (53-54 mo)

4-5 Years: Social Skills

Wants to please friends

Wants to be like friends

More likely to agree to rules

Likes to sing, dance, and act

Shows more independence

4-5 Years: Self-Help Skills

Puts belt in loops

Ties and unties knots

Dresses unsupervised

Is independent in toileting

Uses fork, spoon, and sometimes a knife

4-5 Years: Cognitive Skills

Can count 10 or more objects

Correctly names at least 4 colors

Better understands the concept of time

Knows about things used everyday in the home

4-5 Years: Language Skills

Recalls part of a story

Speaks sentences of more than 5 words

Uses future tense

Tells longer, more detailed stories

Says name and address