Pediatric Developmental Checklist

Every child develops at a different rate. Listed below are approximate age ranges for meeting developmental milestones. Please remember that variation is normal. If you notice that your child is not meeting several of the skills, consult your pediatrician. Your child may benefit from occupational, physical or speech/language therapy to facilitate developmental progression.

NEWBORN TO 2 MONTHS

Gross Motor Skills:
- When lying on back, kicks feet alternately
- Head lags when pulled to sit
- Turns head to both sides when on stomach

Language:
- Smile/coos in response to another voice (one to four months)
- Cries differently when tired, hungry or in pain (one to four months)

Perceptual/Fine Motor Skills:
- Responds to different light intensities
- Focuses briefly on faces
- Fisted hands begin to open by sixth week
- Notices own hands
- Grasps and holds rattle briefly

Feeding/Self Care:
- Sucks well from breast or bottle
- Drinks two to three ounces in a 20-minute period, six to eight times per day
- Coordinates sucking, swallowing and breathing without coughing

2 TO 6 MONTHS

Gross Motor Skills:
- Lifts body with extended arms when on stomach
- Rolls stomach to back (prone to supine)
- Briefly holds head up, in supported sit position

Language:
- Babbling begins
- Responds to own name by looking for speaker

Perceptual/Fine Motor Skills:
- Reaches for dangling object
- Turns head to watch a moving object
- Plays with fingers/hands at chest level
- Brings hands together

Feeding/Self Care:
- Drinks four to six ounces in a 20-minute period, four to six times per day
- Takes small amount of infant cereal/baby food without gagging (four to six months)

6 TO 9 MONTHS

Gross Motor Skills:
- Assumes hands and knees position (quadruped)
- Sits unsupported for 30 seconds or more
- Assists in pulling to standing from a seated position
- Rolls from back to stomach

Language:
- Comprehends parental gestures
- Uses m, n, t, d, b, and p in babbling syllables
- Attempts communication with gestures/sounds
- Plays interactively ("peek-a-boo")

Perceptual/Fine Motor Skills:
- Uses hands to rake or scoop up small toys
- Bangs cubes on table
- Holds cube with thumb and fingers on opposite sides
- Transfers toys from hand to hand
- Wrist rotation present
- Able to hold one cube in each hand

Feeding/Self Care:
- Teething begins
- Up and down chewing pattern emerges
- Eats strained (soft) vegetables and fruits, without excessive spillage
- Most liquids still taken by bottle

9 TO 12 MONTHS

Gross Motor Skills:
- Crawls
- Pulls self to stand
- Cruises by holding on to furniture
- Lowers self to floor from standing position

Language:
- Turns head immediately to own name
- Gestures and/or vocalizes to indicate wants and needs
- Speaks one word with meaning
- Fascinated with people and objects

Perceptual/Fine Motor Skills:
- Touches objects with one finger
- Drops block with voluntary release
- Bangs two cubes held in hands
- Puts things into and out of containers (dump and fill)
- Takes rings off ring stack
- Uses side of index finger and thumb to pick up a Cheerio (inferior pincer grasp)
- Claps hands

Feeding/Self Care:
- Begins drinking from a sippy cup with help
- Eats a variety of semi-solid foods
- Finger feeds small pieces of hard, quickly dissolving solid food (i.e., teething biscuits)

12 TO 18 MONTHS

Gross Motor Skills:
- Walks on own
- Creeps up stairs
- Raises self to standing position without help
- Throws ball while standing

Language:
- Follows simple one-step directions
- Uses three to 20 words
- Pulls toys, and carries/hugs doll or stuffed animal
- Requests objects by pointing and vocalizing
- Brings object to show adult

Perceptual/Fine Motor Skills:
- Builds three- to four-cube tower
- Scribbles spontaneously
- Holds two cubes in one hand
- Uses tip of index finger and thumb to pick up Cheerios (neat pincer grasp)
- Inserts two shapes into sorter

Feeding/Self Care:
- Picks up and drinks from a cup
- Moves food from side to side while chewing
- Eats pureed, semi-solid, quickly dissolving solid food and soft cooked ground meats
- Takes off shoes/socks

18 TO 24 MONTHS

Gross Motor Skills:
- Jumps in place
- On stairs, uses a step-together pattern with rail support and one hand held

Language:
- Comprehends approximately 300 words
- Uses approximately 50 intelligible words
- Produces two-word sentences
- Verbal turn taking
- Repeats sounds/phrases heard

Perceptual/Fine Motor Skills:
- Makes a vertical and circular scribble after demonstration
- Builds a four- to six-cube tower
- Completes a three-piece form board
- Can string three beads

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Feeding/Self Care:
- Feeds self with spoon and cup with improved control
- Chews small individual pieces of food
- Begins to pull off own clothes
- Attempts to put on shoes
- Attempts large zippers

24 TO 30 MONTHS

Gross Motor Skills:
- Jumps from bottom step
- Goes up and down stairs in a step-together pattern with rail support
- Kicks ball

Language:
- Comprehends approximately 500 words
- Uses approximately 200 intelligible words
- Carries out a series of two related commands
- Answers "where" and "what ....doing" questions
- Asks for drink and food

Perceptual/Fine Motor Skills:
- Imitates vertical and horizontal crayon strokes
- Builds seven to 10-cube
- Places five rings on ring stand in any order
- Completes three- to four-piece puzzle
- Holds crayon with thumb and fingers
- Can pull apart connected items
- Can remove screw cap

Feeding/Self Care:
- Begins to use fork
- Eats most textures except the most difficult to chew
- Begins toilet training
- Pulls own pants up or down

30 TO 36 MONTHS

Gross Motor Skills:
- Uses pedals on a tricycle
- Walks up stairs, alternating feet with rail support
- Walks with reciprocal arm swing
- Runs

Language:
- Comprehends approximately 900 words
- Uses approximately 500 intelligible words
- Imagination and dramatization begins to enter play
- Uses three- to four-word sentences
- Verbalizations dominate interactions
- Follows familiar two-part instructions

Perceptual/Fine Motor Skills:
- Copies a circle already drawn
- Imitates paper folding
- Can string five beads
- Builds nine- to 10-block tower with preferred hand
- Unscrews lid from jar
- Winds up a toy
- Cuts a line with scissors

Feeding/Self Care:
- Eats most textures without difficulty or aversion
- Feeds self with a little spillage
- Dries hands with a little help
- Puts on simple clothing
- Undresses, except for fasteners

3 TO 3 ½ YEARS

Gross Motor Skills:
- Catches a large ball when thrown
- When swinging attempts to pump legs
- Walks down stairs with rail support
- Rides a tricycle 10 feet

Language:
- Comprehends approximately 1,200 words
- Uses approximately 800 intelligible words
- Begins cooperative play
- Combines four to five words in sentences
- Counts three objects

Perceptual/Fine Motor Skills:
- Stabilizes pencil using thumb and first three fingers

Feeding/Self Care:
- Buttons three or four buttons in a row
- Unzips front zipper on jacket

3 ½ TO 4 YEARS

Gross Motor Skills:
- Walks up stairs, alternating feet with no rail support
- Hops on one foot three times in a row

Language:
- Uses past-tense action words correctly
- Understands opposites
- Uses plural forms

Perceptual/Fine Motor Skills:
- Completes a six-piece puzzle or eight-piece form board

Feeding/Self Care:
- Blows and wipes nose on request
- Gets self drink, including pouring

4 YEARS

Gross Motor Skills:
- Performs a somersault
- Hits a target when throwing a ball
- Stands on one foot for five seconds
- Swings independently after given a push

Language:
- Speaks intelligibly
- Uses toys to act out scripts
- Combines four to seven words in sentences
- Begins to define object function
- Knows basic spatial concepts (i.e., behind, next to, etc.)

Perceptual/Fine Motor Skills:
- Colors large pictures, mostly within the lines
- Draws a cross or plus sign on paper when given example

Feeding/Self Care:
- Dresses and undresses self except for fasteners
- Brushes teeth with supervision

5 YEARS

Gross Motor Skills:
- Jumps hurdles
- Gallops

Language:
- Intelligibility of consonant blends improves
- Plans sequences of pretend events, develops themes in play

Perceptual/Fine Motor Skills:
- Copies squares and triangles
- Rapidly touches thumb to finger
- Cuts, pastes and colors
- Holds pencil with thumb, index and middle finger without overlapping fingers

Perceptual/Fine Motor Skills:
- Stays with an activity that he/she is interested in for 10 to 15 minutes
- Draws a picture of person with body and five parts

Feeding/Self Care:
- Brushes teeth independently

6 YEARS

Gross Motor Skills:
- Skips
- Jumps sideways
- Performs five sit ups

Language:
- Comprehends 13,000 words
- Answers "what happens if..." questions
- States similarities and differences of objects

Perceptual/Fine Motor Skills:
- Draws person with eight to 10 body parts

Feeding/Self Care:
- Spreads soft food with table knife
- Bathes self with supervision
- Ties own shoes

To schedule an appointment, call 407-303-8080 or FAX 407-303-9430 or visit AHSportsMedCentralFL.com.

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22-SMR-06840