

(Reference from Mary Sheridan's From Birth to Five Years: Children's Developmental Progress:  
Children's Developmental Progress 4th Edition

## **AGE 1 MONTH :**

### **GROSS MOTOR :**

- ✓ Lying on back (supine), keeps head to one side.
- ✓ Moves arms and legs in large, jerky movement.
- ✓ At rest keeps hands closed and thumbs turned in, but beginning to open hands from time to time.
- ✓ Fingers and toes fan out during extensor movements of limbs.
- ✓ When cheek touched at corner of mouth, turns to same side in attempt to suck finger.
- ✓ In ventral suspension, holds head in line with body and hips are semi-extended.
- ✓ Placed on abdomen (prone) head immediately turns to side; arms and legs flexed, elbows away from body, buttocks moderately high.
- ✓ Held standing on hard surface, presses down feet, straightens body and usually makes a reflex forward 'walking' movement.



### **VISUALPERCEPTUAL AND FINE MOTOR:**

- ✓ Follows pencil light briefly with eyes, at a distance of 30 centimetres.
- ✓ Shuts eyes tightly when pencil light shone directly into them.

✓ Gaze caught and held by dangling bright toy gently moved in line of vision at 15 to 25 centimetres, towards and away from face.

***HEARING BEHAVIOUR:***

- ✓ Startled by sudden noises.
- ✓ Movements momentarily “frozen” when small bell rung gently, may move eyes and head towards sound source, but cannot localise sound.

***SPEECH LANGUAGE AND COMMUNICATION:***

- ✓ Stops whimpering
- ✓ Usually turns towards sound of nearby soothing human voice or loud and prolonged noise.
- ✓ Utters little guttural noises when content.

***SOCIAL BEHAVIOUR AND PLAY:***

- ✓ Sleeps most of the time when not being fed or handled.
- ✓ Eye-to-eye contact is deliberately maintained or terminated by the infant during social interaction.
- ✓ Hands normally closed, but if opened, grasps finger when palm is touched.
- ✓ Needs support to head when being carried, dressed and bathed.

***AGE 3 MONTHS:***

***GROSS MOTOR:***

- ✓ Lying on back, prefers to lie with head in midline.
- ✓ Brings hands together in midline over chest or chin.
- ✓ Waves arms symmetrically. Hands loosely open.
- ✓ Kicks vigorously, legs alternative or occasionally together.
- ✓ Partial head control.
- ✓ In ventral suspension, head held well above line of body, hips and shoulders extended.
- ✓ Needs support at shoulder, when being bathed and dressed.



#### ***VISUAL PERCEPTUAL AND FINE MOTOR:***

- ✓ Visually very alert, particularly preoccupied by nearby human face.
- ✓ Follows adult's movements within available visual field.
- ✓ Reaches out to grasp with both hands by 16-18 weeks of age.
- ✓ Holds rattle for a few movements when placed in hand, may move towards face-sometimes bashing chin.

#### ***HEARING BEHAVIOUR:***

- ✓ Turns eyes and/or head towards sound source.
- ✓ Quietens to sound of rattle or small bell rung gently out of sight.
- ✓ Definite quieting or smiling to sound of familiar voice before being touched.

### ***SPEECH LANGUAGE AND COMMUNICATION:***

- ✓ Cries when uncomfortable or annoyed.



### ***SOCIAL BEHAVIOUR AND PLAY:***

- ✓ Fixes eyes unblinkingly on parent's or carer's face when feeding, with contented purposeful gaze.
- ✓ Beginning to show reactions to familiar situations by smiling, cooing and excited movements.
- ✓ Now definitely enjoys bathing and caring routine.
- ✓ Responds with obvious pleasure to friendly handling, especially when accompanied by playful tickling, child friendly speech and singing.

### ***AGE 6 MONTHS:***



### ***GROSS MOTOR:***

- ✓ Lying on back, raises head up and moves arms up to be lifted.
- ✓ When hands grasped, braces shoulders and pulls self to sitting.
- ✓ Sits with support with head and back straight.
- ✓ Turns head from side to side to look around.
- ✓ Can roll over from to back (prone to supine).

- ✓ Around 5-6 months and usually from back to front (prone to supine).
- ✓ Placed on abdomen, lifts head and chest well up, supporting self on extended arms and flattened palms.
- ✓ Bears weight on feet and bounces up and down actively when held in supported standing with feet touching hard surface.
- ✓ Protective reflexes begin to appear.

### ***VISUAL PERCEPTUAL AND FINE MOTOR:***

- ✓ Follows adult's or child's activities across room with purposeful alertness.
- ✓ Stares at interesting small objects or toys within 15-30 centimetres.
- ✓ Shows awareness of depth.
- ✓ Stretches out both hands simultaneously to grasp.
- ✓ Uses hands competently to reach for and grasp small toys.
- ✓ Uses whole hand to palmar grasp and passes toy from one hand to another.
- ✓ Drops one object if another is offered.
- ✓ When toy falls from hand within visual field, watches to resting place.

### ***HEARING BEHAVIOUR:***

- ✓ Turns immediately to a familiar voice across the room.



- ✓ Listens to voice even if adult not in view.
- ✓ Turns to source when hears sounds at ear level.

### ***SPEECH LANGUAGE AND COMMUNICATION:***

- ✓ Laughs, chuckles and squeals aloud in play.
- ✓ Shows recognition of carer's facial expressions such as happy or fearful and responds selectively to emotional tones of voice.

- ✓ Vocalises playfully to self and others.



### ***SOCIAL BEHAVIOUR AND PLAY:***

- ✓ When offered a rattle, reaches for it immediately and shakes deliberately to make a sound.
- ✓ Manipulates objects attentively, passing them frequently from hand to hand.
- ✓ Takes everything to mouth.
- ✓ Friendly with strangers but occasionally shows some shyness or even slight anxiety when approached too nearly or abruptly.
- ✓ Shows strangers fear from about 7 months.
- ✓ Beginning to take smooth semi-solids.
- ✓ Initially spits out food using back-and-forth tongue movements.
- ✓ Gradually learns to suck food from spoon.



### ***AGE 9 MONTHS:***

## **GROSS MOTOR:**

- ✓ Sits without support on the floor.
- ✓ Leans forward to pick up and manipulate a toy without losing balance.
- ✓ Can turn body to look sideways while stretching out to pick up toy from floor.
- ✓ Progresses on floor by rolling, wriggling on abdomen or crawling.
- ✓ Pulls to standing, holding on to support for a few moments.
- ✓ Held standing.
- ✓ Steps purposefully on alternate feet.
- ✓ Only needs intermittent support when sitting on parent's or carer's lap and being dressed.
- ✓ When being carried by an adult, supports self in upright position and turns head to look round.



## **VISUAL PERCEPTUAL AND FINE MOTOR:**

- ✓ Visually very attentive to people, objects and happenings in the environment.
- ✓ Immediately stretches out to grasp a small toy when offered, with one hand leading.
- ✓ Manipulates toy with a lively interest, passing from hand to hand and turning over.

- ✓ Can reach and grasp a moving object by moving towards the anticipated position of the moving object.
- ✓ Pokes at small object with index finger and begin to point at more distant object with same finger.
- ✓ Picks up small object between finger and thumb with 'inferior' pincer grasp.
- ✓ Can release toy from grasp by dropping or pressing against a firm surface but cannot yet release smoothly.
- ✓ Enjoys casting objects over the side of cot or chair.
- ✓ Looks in correct direction for falling or fallen toys.
- ✓ Watches activities of people or animals within 3 or 4 meters with sustained interest for several minutes.

***HEARING BEHAVIOUR:***

- ✓ Eagerly attentive to everyday sounds, particularly voice.
- ✓ Locates sounds made above and below ear level.

***SPEECH LANGUAGE AND COMMUNICATION:***

- ✓ Responds when name is called.
- ✓ Understands 'no' and 'bye-bye'
- ✓ Reacts to where's mummy\daddy?' by looking around.
- ✓ Imitates playful vocal and other sounds.



***SOCIAL BEHAVIOUR AND PLAY:***

- ✓ Clearly distinguishes strangers from familiar persons.
- ✓ Still takes everything to mouth.



- ✓ Grasps bell by handle and rings in imitation.
- ✓ Plays 'peek-a-boo'.
- ✓ Imitates hand-clapping.
- ✓ Offers food to familiar people and animals.
- ✓ Grasps toy in hand and offers to adult but cannot yet give into adult's hand.
- ✓ Watches toy being partially hidden under a cover or cup, and then finds it.
- ✓ Sustained interest for up to full minute in looking at pictures named by adult.

## **1 YEAR**

### **GROSS MOTOR**



- ✓ Gets to a sitting position without help.
- ✓ Sits on floor for indefinite time.
- ✓ Crawls on hands and knees, shuffles on buttocks or "bear-walks" rapidly about the floor.
- ✓ May crawl upstairs.
- ✓ Pulls to standing and sits down again, holding onto furniture.
- ✓ Walks around furniture lifting one foot and stepping sideways.
- ✓ May stand alone for a few moments.
- ✓ Walk forwards and sideways with one or both hands held.

- ✓ May walk alone.

### ***FINE MOTOR***

- ✓ Picks up small objects with neat pincer grasp between thumb and tip of index finger.
- ✓ Reaching and grasping become coordinated into one smooth action.
- ✓ Drops and throws toys forward deliberately and watches them fall to ground.

### ***COGNITIVE [LEARNING, THINKING, PROBLEM – SOLVING]***

- ✓ Explores things in different ways, like shaking, banging, throwing
- ✓ Finds hidden things easily
- ✓ Looks at the right picture or thing when it's named
- ✓ Copies gestures
- ✓ Starts to use things correctly; for example, drinks from a cup ,brushes hair
- ✓ Bangs two things together
- ✓ Puts things in a container , takes things out a container
- ✓ Lets things go without help
- ✓ Pokes with index [pointer] finger
- ✓ Follows simple directions like “pick up the toy “

### ***SOCIAL \ EMOTIONAL***

- ✓ Is shy or nervous with strangers
- ✓ Cries when mom or dad leaves
- ✓ Has favorite things and people
- ✓ Shows fear in some situations
- ✓ Hands you a book when he wants to hear a story

- ✓ Repeats sounds or actions to get attention
- ✓ Puts out arm or leg to help with dressing
- ✓ Plays games such as “peek - a - boo” and “pat - a - cake”.

## **15 MONTHS:**

### **GROSS MOTOR**

- ✓ Walks alone with uneven steps
- ✓ Creeps upstairs safely.
- ✓ Kneels unaided with support.
- ✓ Lets self down from standing to sitting by collapsing backward with a bump.
- ✓ Can get back to feet alone.



### **FINE MOTOR**

- ✓ Picks up string or small objects with a precise pincer grasp using either hand.
- ✓ Manipulate cubes.
- ✓ May build tower of two cubes after demonstration.
- ✓ Can take objects out of container and replace fairly precisely.
- ✓ Grasps crayons with whole hand.
- ✓ Uses either hand and imitates to and fro scribble.



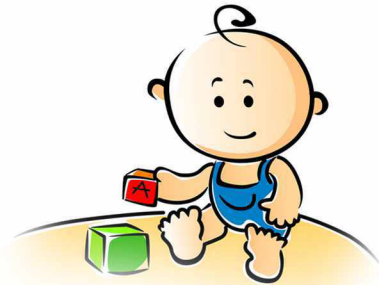
### **COGNITIVE SKILLS:**

- ✓ Appears to understand some new words each week.
- ✓ Will sustain interest for two or more minutes in looking at pictures in a book if they are named.

- ✓ Understands and obeys simple instructions such as “come for dinner”
- ✓ Points to a familiar persons, animals or toys when requested.
- ✓ Communicates wishes and needs by pointing and vocalising or screaming.

## **18 MONTHS**

### **GROSS MOTOR**



- ✓ Walks alone.
- ✓ May walk up steps and run.
- ✓ Pulls toys while walking.
- ✓ Walks well with feet only slightly apart, starts and stops safely.
- ✓ Runs carefully, head held erect in midline, but finds difficult in negotiating obstacles.
- ✓ Pushes and pulls large toys or boxes along the floor.
- ✓ Can carry large doll or teddy bear while walking.
- ✓ Backs into small chair or slides in sideways to seat self.
- ✓ Enjoys climbing and will climb forwards into adult's chair, then turn round and sit.
- ✓ Walks upstairs with helping hand and sometimes downstairs.
- ✓ Creeps backwards downstairs or occasionally bumps down a few steps on buttocks facing forwards.
- ✓ Kneels upright on flat surface without support.

### **FINE MOTOR**

- ✓ Picks up small objects immediately on sight with delicate pincer grasp.
- ✓ Enjoys simple picture books, often recognising and putting index on boldly coloured items on page.
- ✓ Turns several pages at a time.
- ✓ Holds pencil in mind - or upper shaft in whole hand in a pronated grip, or with crude approximation of thumb and fingers.
- ✓ Spontaneous to - and - fro scribble and dots , using either hand alone or sometimes with pencils in both hands .
- ✓ Can help undress herself.
- ✓ Drinks from a cup.
- ✓ Eats with a spoon.

### ***COGNITIVE [LEARNING, THINKING, PROBLEM – SOLVING]***

- ✓ Knows what ordinary things are for; for example telephone, brush, spoon.
- ✓ Points to get the attention of others.
- ✓ Shows interest in a doll or stuffed animal by pretending to feed.
- ✓ Points to one body part.
- ✓ Scribbles on his own.
- ✓ Can follow 1 – step verbal commands without any gestures; for example, sits when you say “sit down”.

### ***SOCIAL\ EMOTIONAL***

- ✓ Likes to hand things to others as play.
- ✓ May have temper tantrums.
- ✓ May be afraid of strangers.



- ✓ Shows affection to familiar people.
- ✓ Plays simple pretend ,such as feeding a doll.
- ✓ May cling to caregivers in new situations .
- ✓ Points to show others something interesting.
- ✓ Explores alone but with parents close by .

## **DEVELOPMENTAL MILESTONES**

### **2 YEARS**

#### **GROSS MOTOR**

- ✓ Stands on tiptoe.
- ✓ Kicks a ball.
- ✓ Begin to run.
- ✓ Climbs onto and down from furniture without help.
- ✓ Walks up and down stairs holding on.
- ✓ Throws ball overhand.
- ✓ Makes or copies straight lines and circles.
- ✓ Runs safely on whole foot, stopping and starting with ease and avoiding obstacles.
- ✓ Squats with complete steadiness to rest or play with an object on the ground.
- ✓ Pushes and pulls large, wheeled toys easily forwards and usually able to walk backwards pulling handle.
- ✓ Pulls small wheeled toy by cord with obvious appreciation of direction.
- ✓ Climbs on furniture to look out of window or to open doors and can gets down again.



- ✓ Walks upstairs and downstairs and downstairs holding on to rail or wall, two feet to a step.
- ✓ Throws small ball overhand and forwards, without falling over.
- ✓ Walks into large ball when trying to kick it.
- ✓ Sits on small tricycle but cannot use pedals.
- ✓ Propels vehicle forwards with feet on floor.

### ***FINE MOTOR***

- ✓ Good manipulative skills.
- ✓ Pick up tiny objects accurately and quickly and places down neatly with increasing skill.
- ✓ Can match square, circular and triangular shapes in simple jigsaw.
- ✓ Holds a pencil well down shaft towards point, using thumb and first two fingers. mostly uses preferred hand.
- ✓ Spontaneous circular scribble as well as to- and -fro scribble and dots.
- ✓ Imitates vertical line and sometimes “v” shape.
- ✓ Builds tower of six or seven cubes.

### ***COGNITIVE [LEARNING, THINKING, PROBLEM – SOLVING]***

- ✓ Finds things even when hidden under two or three covers.
- ✓ Begins to sort shapes and colors.
- ✓ Completes sentences and rhymes in familiar books.
- ✓ Plays simple make – believe games.
- ✓ Builds towers of 4 or more blocks.
- ✓ Might use one hand more than the other.



- ✓ Follows two – step instructions such as “pick up your shoes and put them in the closet”.
- ✓ Names items in a picture book such as a cat, bird, or dog.

### ***SOCIAL\ EMOTIONAL***

- ✓ Copies others, especially adults and older children.
- ✓ Gets excited when with other children.
- ✓ Shows more and more independence.
- ✓ Shows defiant behavior [doing what he has been told not to].
- ✓ Plays mainly beside other children, but is beginning to include other children, such as in chase games.



### ***DEVELOPMENTAL MILESTONES***

#### ***3 YEARS***

#### ***GROSS MOTOR***

- ✓ Climbs well.
- ✓ Runs easily.
- ✓ Pedals a tricycle [3-wheel bike].
- ✓ Walks up and down stairs , one foot on each step.
- ✓ Can stand and walk on tiptoe.
- ✓ Can throw a ball overhand and catch large ball on between extended arms.
- ✓ Kicks ball forcibly.
- ✓ Climbs nursery apparatus with agility.
- ✓ Rides tricycle using pedals and can steer it round wide corners.





- ✓ Can turn around obstacles and corners while running and also while pushing and pulling large toys.
- ✓ Walks forwards, backwards, sideways, etc., hauling large toys with complete confidence.
- ✓ Walks alone up stairs using alternative feet one foot to each step, comes down stairs two feet to a step.
- ✓ Usually jumps from bottom step with two feet together.
- ✓ Can sit with feet crossed at ankles.



### ***FINE MOTOR***

- ✓ Builds tower of nine or ten cubes.
- ✓ Can close fist and wiggle thumb in imitation, right and left.
- ✓ Holds pencil near the point in preferred hand, between the first two fingers and thumb, and uses it with good control.
- ✓ Copies circle also letters 'V', 'H' and 'T'.
- ✓ Imitates a cross.
- ✓ Draws person with head and usually adds one or two other features or parts.
- ✓ Enjoys painting with large brush.
- ✓ Cuts with toy scissors.

### ***COGNITIVE [LEARNING, THINKING, PROBLEM – SOLVING]***

- ✓ Can work toys with buttons, levers, and moving parts.
- ✓ Plays make – believe with dolls, animals, and people.
- ✓ Does puzzles with 3 or 4 pieces.
- ✓ Understands what “two” means.
- ✓ Copies a circle with pencil or crayon.
- ✓ Turns book pages one at a time.



- ✓ Builds towers of more than 6 blocks .
- ✓ Screws and unscrews jar lids or turns door handle.

### ***SOCIAL \ EMOTIONAL***

- ✓ Copies adults and friends.
- ✓ Shows affection for friends without prompting.
- ✓ Takes turns in games.
- ✓ Shows concern for a crying friend .
- ✓ Understands the idea of “mine” and “his” or “hers”.
- ✓ Shows a wide range of emotions.
- ✓ Separates easily from mom and dad.
- ✓ May get upset with major changes in routine.
- ✓ Dresses and undresses self.

### ***DEVELOPMENTAL MILESTONES*** ***4 YEARS***

#### ***GROSS MOTOR***

- ✓ Hops and stands on one foot up 2 seconds.
- ✓ Catches a bounced ball most of the time.
- ✓ Pours, cuts with supervision, and mashes own food.
- ✓ Climbs ladders and trees.
- ✓ Can stand, walk and run on tiptoe.
- ✓ Expert rider of tricycle, executing sharp u-turns easily.
- ✓ Stands on one (preferred) foot for 3-5 seconds and hops on preferred foot.
- ✓ Sits with knees crossed.
- ✓ Shows increasing skill in ball games, throwing, catching, bouncing, kicking, etc., including use of bat.



- ✓ Walks or run alone up and down stairs, one foot to a step adult fashion.
- ✓ Navigates self-locomotion skilfully, turning sharp corners, running, pushing and pulling.

### ***FINE MOTOR***

- ✓ Builds tower of ten or more cubes and several bridges of three from one model.
- ✓ Builds three steps with six cubes after demonstration.
- ✓ Holds and uses pencils in a dynamic tripod grasp with good control, like adults.
- ✓ Copies cross and also letters 'V', 'H', 'T' AND 'O'.
- ✓ Draws a person with head, legs and trunk and ,usually, arms and fingers.
- ✓ Draws a recognisable house on request or spontaneously.
- ✓ Beginning to names drawings before production.

### ***COGNITIVE [LEARNING, THINKING, PROBLEM - SOLVING]***

- ✓ Names some colors and some numbers.
- ✓ Understands the ides of counting.
- ✓ Starts to understand time.
- ✓ Remembers parts of a story.
- ✓ Understands the idea of "same" and "different".
- ✓ Draws a person with 2 to 4 body parts.
- ✓ Uses scissors.
- ✓ Starts to copy some capital letters .
- ✓ Plays board or card games.



- ✓ Tells you what he thinks is going to happen next in a book.

### ***SOCIAL \ EMOTIONAL***

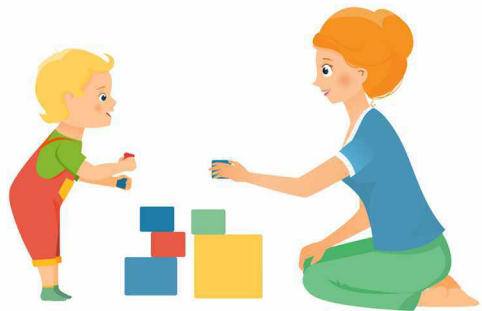
- ✓ Enjoys doing new things.
- ✓ Plays “mom” and “dad”.
- ✓ Is more and more creative with make - believe play.
- ✓ Would rather play with other children than by himself.
- ✓ Cooperates with other children.
- ✓ Often can't tell what's real and what's make - believe.
- ✓ Talks about what she likes and what she is interested in .

### ***DEVELOPMENTAL MILESTONES***

#### ***5 YEARS***

#### ***GROSS MOTOR***

- ✓ Stands on one foot for 10 seconds or longer.
- ✓ Hops; may be able to skip.
- ✓ Can do a somersault.
- ✓ Uses a fork and spoon and sometimes a table knife.
- ✓ Can use the toilet on her own.
- ✓ Swings and climbs.
- ✓ Moves rhythmically to music.



- ✓ Grips strongly with either hand.
- ✓ Throws and catches a ball well.
- ✓ Plays all varieties to ball games with considerable ability, including those requiring appropriate placement or scoring, according to accepted rules.
- ✓ Walks easily on narrow line.
- ✓ Runs lightly on toes.
- ✓ Active and skilful in climbing, sliding, swinging, digging and doing various stunts.
- ✓ Skips on alternate feet.
- ✓ Can stand on one foot for 8-10 seconds, right or left and usually also stands on preferred foot, with arms folder.
- ✓ Can hop 2 or 3 meters forwards on each foot separately.
- ✓ Can bend and touch toes without bending the knees.



### **FINE MOTOR**

- ✓ Picks up and replaces minute objects.
- ✓ Build elaborate models when shown , such as three steps with six cubes from models.
- ✓ Good control in writing and drawing with pencils and paint brushes.
- ✓ Copies square and triangle.
- ✓ Copies letters 'V','T','H','O','X','L','A','C','U' and 'Y'. writes a few letters spontaneously.
- ✓ Draws house with door, windows , roof and chimney.

- ✓ Can cut a strip of paper neatly.
- ✓ Colors pictures neatly, staying within outlines.

### ***COGNITIVE [LEARNING, THINKING, PROBLEM - SOLVING]***

- ✓ Counts 10 or more things.
- ✓ Can draw a person with at least 6 body parts.
- ✓ Can print some letters or numbers .
- ✓ Copies a triangle and other geometric shapes.
- ✓ Knows about things used every day, like money and food.

### ***SOCIAL\EMOTIONAL***

- ✓ Wants to please friends.
- ✓ More likely to agree with rules .
- ✓ Likes to sing, dance, and act.
- ✓ Is aware of gender.
- ✓ Can tell what's real and what's make - believe.
- ✓ Shows more independence [for example, may visit a next - door neighbor by himself (adult supervision is still needed)].
- ✓ Is sometimes demanding and sometimes very cooperative.

