

# Developmental milestones - Dr Salam / Written by: Ola Alahdab.

Check 3 things before starting:

- ① Hearing
- ② Vision
- ③ Term or Preterm

Show him your face  
Check eye to eye contact  
+ check fixate & follow

to correct his gestational age  
(eg: born at GA 7 months & he's now 5 months, we expect him to do what 3 months age babies do).

\* Position: Supine

## ① Gross motor: (1<sup>st</sup> 5 yrs..)

At birth → head moves side-to-side  
1<sup>st</sup> 4 weeks → Flexed attitude

< 3M → Head lag

> 3M → No head lag

1M → if C-shaped → lets head momentarily  
1 moment = 1 month

2M → 15° degree

3M → 45° degrees with chest  
\* Head above plane of body

4-5M → Roll (First Prone to supine)  
FouR (بمساعدة إيديه) (أشهل)

5-6M → Roll (supine to prone)  
7 + crawls or creep crawls

Sitting: Sits-stands-walks-stairs-runs-jumps-rides

4M → Truncal support  
4 = +  
6-7M → Pelvic support  
7P

7-8M → Sits with Curved back  
Curved  
9-10M → Sits with Straight back  
1 = straight.

9-10M → Crawls & creeps  
بمساعدة يديه

9-10M → Pulls to stand

10M → Cruises on furniture

10 = 20  
12M → Walks unsteadily (with one hand held)  
+ Rises independently + Takes several steps.

15M → Walks wells ..  
بمساعدة يديه

15M → Crawls upstairs  
بمساعدة الزحف

18M → 2 feet per one step at stairs  
(with one hand held)

18M → Runs stiffly  
B = 8

24M → Runs well  
+ Opens doors + Climbs on furniture.

24M → 2 feet/1 step up & down stairs  
بمساعدة يديه

24M → Jumps on 2 feet  
بمساعدة يديه

2.5 yrs (30M) → 1 foot/1 step (Alternating)  
2.5 = 25 = 25 = 25 = 25

3 yrs → Stands still on 1 foot (momentarily)

Jumps on 1 foot

Tricycle  


4 yrs → Hops (4 letters) / jumps on same foot  
H = H + Uses Scissors to cut out Pictures + Climbs well

5 yrs → SKIPS (5 letter) / jumps 1 foot at a time (alternating)  
زج ليك والذئب

After 5 yrs we do care about SCHOOL PERFORMANCE.

## ② Fine motor:

Up to 3M → Closed fist

4M → Opens fist

4M → Grasp objects  
(vision should be intact)  
\* Isolated fine motor delay → Mostly Blind baby.

4-5M → Brings objects to mouth


~~6M~~ 7M → Alternate objects from hand to hand  
Six = Switch


7-8M → Radial-digital grasp  $\leq 7$


9-10M → Pencil grasp (3 fingers)  $3 \times 3 = 9$

12M → Turns pages of a book بمسافة (Pincer movement)  
& release objects ببساطة  
Twelve = Turns  
Thumb Transfer  
Thumb/index grasp  
Transfers objects to another person  
Starts


15M → Scribbling without curves   
+ 2-3 cubes

18M → Scribbling without curves   
+ Vertical lines أعمدة الخامة قبل الخط لا يزال يزيد مهارة  
+ 4 cubes

2 yrs → Scribbling with curves   
+ Horizontal lines  
+ 6 cubes

3 yrs → Copies a circle   
+ 9 cubes

4 yrs → Copies   
+ 12 cubes

5 yrs → Copies   
+ 15 cubes

+ Prints his name صباشرة قبل المدرسة

بعد عمر السنة  
عمر الطفل  $\times 3$   
يطلع عدد ال  
Cubes

③ Language: 1M → Only crying

2M → Cooing (without using lips بَلَّائِي)

4M → Monobabbling (ma, da, ba,..)

7M → Dibabbling (mamamama, dadadada,..)

10M → 1 word (Mama, dada → unspecifically)

1yr → Mama, baba + 2-3 words (eg. nana for water) بِسِ الْاَمَّ بِنَهْم عَلَيْهِ  
↳ Specifically

15 → Responds to his name / Jargon / follows simple commands / Name familiar objects

18M → 10 words + names Pictures + identifies 1 or more Parts of the body

2 yrs → 2-3 words sentences (subject, verb, object)  
↳ In Nelson.

2.5 yrs 30M → Refers to self as "I" + knows full name

3 yrs → Age, genders, 3 body parts, بِلش كَلِي كَلِم  
Counts to 3, 3 colors

4 yrs → Tells a story

5 yrs → Repeats a 10-words sentence  
Names 4 colors  
counts to 10

④ Social 6wks - 2M → Social smile

4M → Laughs out loud

6M → Stranger anxiety

7M → Enjoys mirror + prefers mothers + responds to changes in emotional content of social contact

9-10M → Separation anxiety  
Range ٩-١٠

Plays Peek-a-boo ("objects - permanence")  
بِعَرَفَانِه ال object (مَرَّةً اَوْ جَمَّةً) لِسَّة فَوْجِد حَتَّى لَوْ بَدَل شَيْئِه

10M → Bye bye (by 10 fingers)

1yr → Throw a ball / enjoys a simple ball game  
Posture (A) Makes a posture to undress

15M → Pointing  
Hugs parents (Gross motor is easier)  
Responds to his name

18M → Kisses (Fine motor is more difficult)  
+ feeds self

2 yrs → Undresses with support  
+ listen to stories with pictures.

2.5 yrs → Pretends in playing + puts things away  
3 yrs → Undresses alone (with bottoms)  
+ Dresses with support  
+ Plays in PARALLEL with children + Washes hands

4 yrs → Dresses with support  
+ Goes to toilet alone + role-playing

5 yrs → Dresses & undresses alone  
+ Ties his shoes  
+ Asks about meanings of words  
+ Domestic-role playing

Eating:

1-1.5 yrs → Eats with misser

2 yrs → Drinks from a cup & uses spoon well

2.5 yrs → Dry at day

5 yrs → Dry at night

\* So we test for enuresis in children after 5 yrs.

\* Check bowel & urine habits ..