

Developmental milestones checklist.

1- Gross motor:

skill	age	1	2	3	4	5
Head lag: https://www.youtube.com/watch?v=WkoGQldC8qU						
Head lag present	< 3 months					
Head lag partially compensated with bobbing	3 months					
Head lag absent	4 months					
Sitting						
sits with truncal support	4 months					
sits with pelvic support	7 months					
sits without support, rounded back	8 months					
sits without support, straight back	9 – 10 months					
Vertical suspension: https://www.youtube.com/watch?v=AzF-PsPwECA						
Normal	-					
hypotonic	-					
Spastic	-					
Ventral suspension: https://www.youtube.com/watch?v=jDVxvZ913pA						
head below plane of the body	1 month					
head with plane of the body	2 months					
head above plane of the body	3 months					
C-shaped → truncal hypotonia	-					
Prone						
head side to side, flexed body	At birth					
Lifts chin up , lifts head momentarily, legs more extended	1 month					
lifts head 15°	2 months					
lifts head & chest with arms extended & outreached, head above body plane	3 months					
Lifts head and chest, with head in approximately vertical axis	4 months					
rolls over from prone to supine	5-6 months					
rolls over from supine to prone	6-7 months					
creeps	8 months					
Crawls	9 months					
Supine						
Generally flexed and a little stiff	At birth					
tonic neck posture	First 3 months					
symmetric posture, hands in midline	4 months					
rolls over from supine to prone	6-7 months					
Standing and walking						
supports some weight, pushes with feet	4 months					
supports most of the weight, bounces	7 months					
Pulls to stand	9 months					
cruises	10 months					
stands alone, walks with hand held or alone unsteadily	1 year					
walks alone well, crawls upstairs	15 months					

runs stiffly, climbs upstairs with one hand held, sits on small chair	1.5 years					
runs well, goes upstairs & downstairs one step at a time, jumps	2 years					
upstairs alternating	2.5 years					
pedals a tricycle, stands momentarily on one foot	3 years					
hops, stands on one foot for a longer time	4 years					
skips	5 years					

2- fine motor:

Skill	age	1	2	3	4	5
Visual						
May fixate face on light in line of vision; "doll's-eye" movement of eyes on turning of the body	At birth					
Watches person; follows moving object	1 month					
Follows moving object 180 degrees	2 months					
Fine motor						
Hands closed	<3 months					
opens hands spontaneously (hands open >90% of time) 1 reaches & misses	3 months					
hands in midline, reaches & grasps	4 months					
brings objects to mouth	5 months					
transfers from hand to hand	6 months					
pincer grasp	9 months					
releases objects on command, drinks from a cup, turns pages of a book	1 year					
eats with spoon with missing	1.5 years					
eats with spoon without missing	2 years					
Cubes: Makes tower of ___ cubes?						
3	15 months					
4	18 months(1.5 years)					
7	2 years					
9	2.5 years					
10	3 years					
Drawing						
scribbling, vertical lines	15 months					
circular scribbling, horizontal lines	2 years					
copies a circle	3 years					
copies square, cross	4 years					
copies triangle	5 years					
Ties shoes	5 years					

3- language:

skill	age	1	2	3	4	5
Coos	3 months					
Laughs	4 months					
Babbles (ba,ma,da)	6 months					
mama, dada (not specifically)	9 – 10 months					
mama, dada (specifically) + 3 words	1 year					
6 words, responds to name, follows a simple command, jargons	15 months					
10 words, tells body parts when pointed to	1.5 years					
3 word sentence (subject, verb, object)	2 years					
refers to self using "I" , knows full name, listens to a story	2.5 years					
knows age & sex, counts 3 objects, repeats 6-word sentence or 3 numbers	3 years					
counts to 4 , tells story	4 years					
names 4 colors, repeats 10-word sentence, prints name	5 years					

4- Social:

skill	age	1	2	3	4	5
prefers human face	1 month					
social smile to anyone, listens to voice	2 months					
social smile to known people, listens to music	3 months					
laughs out loud, excited at sight of food	4 months					
laughs to strangers	6 months					
shows likes & dislikes, prefers mother, enjoys mirror	7 months					
Responds to sound of name; plays peek-a-boo or pat-a-cake; waves bye-bye	10 months					
Plays simple ball game; makes postural adjustment to dressing	12 months					
hugs parents, shows needs by pointing	15 months					
kisses parents, seeks help, complains when wet, plays alone symbolically	1.5 years					
listens to stories, helps undress, plays with clay	2 years					
pretends in play, helps putting things away	2.5 years					
plays with others, helps in dressing (unbuttons clothing, puts on shoes), washes hands	3 years					
goes to toilet alone, brushes teeth	4 years					
Understands rules, dresses & undresses, asks questions about meaning of words, engages in domestic-role playing	5 years					

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Sources: Nelson textbook of pediatrics and Dr. Amira al-masri lecture