

Developmental Milestones

Gross Motor

Fine Motor

Language

Cognitive - Social

Vaccines - prophylaxis

Screening

Newborn [0-1 MO]

Reflexes: Rooting, plantar, fencing, Moro, suck, palmar grasp
Gross [Prone]: head side to side, flexed body
Fine [Visual]: May fixate face on light in line of vision; “doll’s-eye” movement of eyes on turning of the body

Alerts to sound, cries

Self-regulation, soothing

1. Hepatitis B [1]
 2. Erythromycin ointment
 3. Vitamin K injection
 4. Vitamin D supplement

1. CCHD [4]
 2. Newborn screen at birth, and again at 2 weeks
 3. Hearing
 4. Bilirubin

1 Month

Ventral suspension: head below plane of the body
Prone: Lifts chin up, lifts head momentarily, legs more extended

Visual: Watches person; follows moving object

Prefers Human Face

2 Months

Ventral suspension: head with plane of the body
Prone: lifts head 15°
 Rolls front to back only

Visual: Follows moving object 180 degrees

Turns to voice

Social smile to anyone

 listens to voice

1. Hepatitis B
 2. DTaP
 3. Polio
 4. Hib
 5. PCV 13
 6. Rotavirus*2

Hip ultrasound [5]

3 Months

Head lag: Head lag partially compensated with bobbing
Ventral suspension: head above plane of the body
Prone: lifts lifts head & chest with arms extended & outreached, head above body plane

opens hands spontaneously (hands open >90% of time) 1 reaches & Misses

Coos

Social smile to known people, listens to music

Gross Motor**Fine Motor****Language****Cognitive - Social****Vaccines - prophylaxis****Screening****4 Months****GROSS:****Head lag:**

Head lag absent

Sitting: sits with truncal support**Prone:** Lifts head and chest, with head in approximately vertical axis**Supine:** symmetric posture, hands in midline**Standing and walking:**

supports some weight, pushes with feet

FINE:

Hands in midline, reaches & grasps

Laugh, squeal

Laughs out loud, excited at sight of food

Reciprocal smile

1. DTaP
2. Polio
3. Hib
4. PCV 13
5. Rotavirus*

Maternal Depression
[6]

6 Months**GROSS:****5-6 months****Prone:** rolls over from prone to supine**6-7 months****Prone:** rolls over from supine to prone**Supine:** rolls over from supine to prone**FINE:** Reaches for object, transfers from hand to hand

Babbles (ba,ma,da)

Stranger anxiety

1. Hepatitis B
2. DTaP
3. Polio
4. Hib
5. PCV 13
6. Rotavirus*
7. Influenza [3]

7 Months**GROSS:****Sitting:** sits with pelvic support**Standing and walking:** supports most of the weight, bounces**Social:** shows likes & dislikes, prefers mother, enjoys mirror**8 Months****GROSS:****Prone:** creeps**Sitting:** sits without support, rounded back**9 Months****GROSS:****9 – 10 months****Sitting:** sits without support, straight back**Prone:** Crawls**Standing and Walking:** Pulls to stand **and will Cruise at 10 months****FINE:** pincer grasp, Grasps object with 3 fingers + thumb

9 – 10 months: mama, dada (not specifically)

Object permanence (peek-a-boo)

12 Months**GROSS:****Standing and Walking:** stands alone, walks with hand held or alone unsteadily**FINE:** releases objects on command, drinks from a cup, turns pages of a book

Pincer grasp: Thumb + 1 finger

mama, dada (specifically) + 3 words

Plays simple ball game; makes postural adjustment to dressing

1. MMR*
2. Varicella*
3. PCV 13
4. Hepatitis A

1. Anemia via hemoglobin
2. Lead level if appropriate



	Gross Motor	Fine Motor	Language	Cognitive - Social	Vaccines - prophylaxis	Screening
15 Months	<p>GROSS: Standing and walking: walks alone well, crawls upstairs FINE: Cubes: Makes tower of ____ cubes? 3 cubes Drawing: scribbling, vertical lines</p>		<p>6 words, responds to name, follows a simple command, jargons</p>	<p>Hugs parents, shows needs by pointing</p>	<p>1. DTaP 2. Hib</p>	
18 Months	<p>GROSS: Standing and walking: runs stiffly, climbs upstairs with one hand held, sits on small chair FINE: eats with spoon with missing Cubes: Makes tower of ____ cubes? 4 cubes</p>		<p>10 words, tells body parts when pointed to</p>	<p>kisses parents, seeks help, complains when wet, plays alone symbolically</p>	<p>Hepatitis A</p>	<p>Autism: MCHAT [7]</p>
24 Months	<p>GROSS: Standing and walking: runs well, goes upstairs & downstairs one step at a time, jumps Kicks ball FINE: eats with spoon without missing Cubes: Makes tower of ____ cubes? 7 cubes Drawing: circular scribbling, horizontal lines</p>		<p>3 word sentence (subject, verb, object)</p>	<p>listens to stories, helps undress, plays with clay)</p>		<p>Autism: MCHAT [7]</p>

Notes:

1. Can only administer if newborn is at least 2 kg, or 4 lb 6 oz.
2. Unique contraindications: Intussusception, congenital GI tract abnormalities (eg, Meckel).
3. Influenza vaccine can be given for the first time at 6 months of age. First time requires 2 doses 4 weeks apart.
4. Critical congenital heart defects. Screened with pre- and post-ductal oxygenation measurements.
5. Only if indicated (breech position during 3rd trimester), performed at 4–6 weeks of age.
6. Often via PHQ-9 or Edinburgh postnatal depression scale.
7. Modified checklist for autism in toddlers.

2.5 years	<p>GROSS: Standing and walking: upstairs alternating FINE: Cubes: Makes tower of ____ cubes? 9 cubes</p>		<p>refers to self using "I", knows full name, listens to a story</p>	<p>pretends in play, helps putting things away</p>		
3 years	<p>GROSS: Standing and walking: pedals a tricycle, stands momentarily on one foot Walks up stairs FINE: Cubes: Makes tower of ____ cubes? 10 cubes Drawing: copies a circle and cross</p>		<p>knows age & sex, counts 3 objects, repeats 6-word sentence or 3 numbers</p>	<p>plays with others, helps in dressing (unbuttons clothing, puts on shoes), washes hands</p>		<p>1. Vision 2. Hearing</p>

Gross Motor

Fine Motor

Language

**Cognitive -
Social**

**Vaccines -
prophylaxis**

Screening

4 years

GROSS:

Standing and walking:
hops, stands on one foot for a
longer time

FINE:

Drawing: copies square, cross

counts to 4 ,
tells
story, knows
4 colors

goes to toilet
alone,
brushes teeth

**1 . DTaP
2. Polio
3. MMR
4. Varicella**

**1. Vision
2. Hearing**

5 years

GROSS:

Standing and walking:
hops, stands on one foot for a
longer time

FINE:

Drawing: copies square, cross

names 4
colors,
repeats 10-
word
sentence,
prints name

Understands
rules,
dresses &
undresses,
asks
questions
about
meaning
of words,
engages in
domestic-
role playing

**1. Vision
2. Hearing**

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Sources: Mohammad Qussay Al-
Sabbagh File,
Step 2 Ck Clinical algorithms