

Developmental Milestones

Child's Name: _____

Date: _____

Please Mark ALL the activities that your child is able to perform.

Gross Motor Skills

- Able to hold their head up from the table momentarily
- Head and shoulders can be supported by the forearms
- Infant can be pulled up into a sitting position by the hands
- Sits unsupported in the upright position
- Head and shoulders can be supported by the arms
- Rolls from prone to supine position
- Crawls
- Stand holding onto furniture
- Walks with someone holding onto one hand
- Walks unassisted
- Runs
- Negotiates stairs placing 2 feet on each step
- Climbs stairs using one foot on each step
- Walks down stairs with one foot on each step
- Hops on one foot

Social Skills

- Smiles
- Reaches for familiar objects
- Plays with hands
- Plays with feet
- Clearly shows joy and pleasure
- Feeds self with fingers
- Plays peek-a-boo
- Understands yes and no

Fine Motor Skills

- Primitive grasp reflex present
- Holds and shakes a rattle placed in the hand
- Grasps objects independently
- Moves an object from one hand to the other
- Self-feeding , can hold and eat a cookie
- Checks objects by placing them in mouth
- Picks up object with thumb and index finger
- Turns 2 to 3 pages of a book at a time
- Turns pages of a book one at a time
- Builds a tower containing at least 5 blocks
- Builds a tower containing at least 10 blocks

Communication Skills

- Makes cooing sounds
- Laughs
- Uses one syllable words such as "da"
- Uses 2 syllable word such as "dada"
- Uses 2 to 3 word vocabulary
- Uses 2 to 3 word phrases

Adaptive Skills

- Feeds from a cup unassisted
- Holds own bottle
- Feeds self with utensils
- Able to identify and match some colors
- Copies a circle
- Copies a cross