



# Developmental Milestones

## Normal Guidelines

Please indicate the skills your child has accomplished and when they accomplished it, especially noting if they had any problems or delays.

Child's Name: \_\_\_\_\_ Date \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F

### GROSS MOTOR SKILLS

- 4 weeks Able to hold head up from the table face down \_\_\_\_\_
- 3 mths Head and shoulder supported by the forearms face down \_\_\_\_\_
- 4 mths Infant can sit with assistance \_\_\_\_\_
- 6 mths Sits unsupported in the upright position \_\_\_\_\_
- 6 mths Rolls from a face down to a face up position \_\_\_\_\_
- 9 mths Crawls \_\_\_\_\_
- 9 mths Stands holding onto furniture \_\_\_\_\_
- 11 mths Walks with someone holding onto one hand \_\_\_\_\_
- 12 mths Walks unassisted \_\_\_\_\_
- 2 years Runs \_\_\_\_\_

### SOCIAL SKILLS

- 2 mths Smiles \_\_\_\_\_
- 3 mths Reaches for familiar objects \_\_\_\_\_
- 4 mths Plays with hands \_\_\_\_\_
- 6 mths Plays with feet \_\_\_\_\_
- 9 mths Clearly shows joy and pleasure \_\_\_\_\_
- 12 mths Feeds self with fingers \_\_\_\_\_
- 15 mths Plays peek-a-boo \_\_\_\_\_
- 18 mths Understands yes and no \_\_\_\_\_

### FINE MOTOR SKILLS

- At birth Primitive grasp reflex present \_\_\_\_\_
- 4 mths Holds and shakes a rattle placed in the hand \_\_\_\_\_
- 5 mths Grasps objects independently \_\_\_\_\_
- 6 mths Moves an object from one hand to the other \_\_\_\_\_
- 6 mths Checks objects by placing them in the mouth \_\_\_\_\_
- 10 mths Feeds from a cup unassisted \_\_\_\_\_
- 12 mths Picks up object with thumb and index finger \_\_\_\_\_
- 12 mths Holds own bottle \_\_\_\_\_
- 15 mths Turns 2 to 3 pages of a book at a time \_\_\_\_\_
- 18 mths Turns pages of a book one at a time \_\_\_\_\_
- 20 mths Feeds self with utensils \_\_\_\_\_
- 24 mths Builds a tower containing at least 5 blocks \_\_\_\_\_

### COMMUNICATION SKILLS

- 7 weeks Makes cooing sounds \_\_\_\_\_
- 3 mths Laughs \_\_\_\_\_
- 5 mths Uses one syllable words such as "da" \_\_\_\_\_
- 8 mths Uses 2 syllable words such as "dada" \_\_\_\_\_
- 12 mths Uses 2 to 3 word vocabulary \_\_\_\_\_
- 24 mths Uses 2 to 3 word phrases \_\_\_\_\_