

CONSOLIDATED DEVELOPMENTAL MILESTONES

AGE: 0 – 6 MONTHS

FINE MOTOR DEVELOPMENT/MANIPULATION

Examines objects carefully with eyes
Involuntary grasps objects with all fingers (2 – 3 months)
Uses variety of palmar grasping patterns
Secures object with hand and brings to mouth
Plays with hands at midline

GROSS MOTOR DEVELOPMENT/MOBILITY

Lifts head (3-4 months) raises trunk when prone (4-6 months)
Kicks reciprocally when supine
Sits propping on hands
Plays (bounces) when standing with support from parents
Rolls from place to place

COGNITIVE DEVELOPMENT

Repeats actions for pleasurable experiences
Uses hands and mouth to explore objects
Searches with eyes for sound
Bangs object on table

SOCIAL INTERACTION

Coos, then squeals
Smiles, laughs out loud
Expresses discomfort by crying
Communicates simple emotions through facial expressions

PLAY DEVELOPMENT

Exploratory Play: Sensorimotor play predominates
Social play: Focused on attachment and bonding with parents

CONSOLIDATED DEVELOPMENTAL MILESTONES

AGE: 6 – 12 MONTHS

FINE MOTOR DEVELOPMENT/MANIPULATION

Uses accurate and direct reach for toys
Plays with toys at midline, transfers hand to hand
Bangs objects together to make sounds
Waves toys in the air and rolls ball to adult
Releases toys into container
Grasps small objects in fingertips
Points to toys with index finger, uses index finger to explore toys
Crudely uses play tools

GROSS MOTOR DEVELOPMENT/MOBILITY

Sits independently, rolls from place to place and independently gets into sitting
Pivots in sitting position, stands, holding on for support
Plays in standing when leaning on support
Crawls on belly initially, then crawls on all fours (10 months)
Walks with handheld or using furniture to support (12 months)

COGNITIVE DEVELOPMENT

Responds to own name and recognizes words and family members' names
Responds with appropriate gestures
Listens selectively and imitates simple gestures
Looks at picture book
Acts with intention on toys and can take objects out of open container

SOCIAL INTERACTION

Shows special dependence on primary care giver and may show stranger anxiety
Lifts arms to be picked up
Plays contentedly when parents are in room
Interacts briefly with other infants
Plays give and take
Responds playfully to mirror (laughs or makes faces)

SELF-CARE

Holds own bottle during feeding
Drinks from open cup with assistance
Finger feeds with pincer grasp (8 months)
Drinks from straw (9 months)

PLAY DEVELOPMENT

Sensorimotor play evolves into functional play
Functional Play: Begins to use toys according to their functional purpose
Social Play: Attachment to parents and caregivers; Social play with parents and others

CONSOLIDATED DEVELOPMENTAL MILESTONES

AGE: 1 YEAR – 1 YEAR AND 6 MONTHS

FINE MOTOR DEVELOPMENT/MANIPULATION

Holds crayon and makes marks and scribbles
Holds two toys in hand or toys in both hands
Releases toys inside containers, even small containers
Stacks blocks and fits toys into form space (places pieces in board)
Attempts puzzles and enjoys opening and shutting toy boxes or containers
Points to pictures with index finger
Uses two hands in play, one to hold or stabilize and one to manipulate

GROSS MOTOR DEVELOPMENT/MOBILITY

Sits in small chair
Plays in standing and begins to run
Walks well, squats, picks up toys from the floor
Climbs into adult chair
Flings ball and can push and pulls large toys or boxes on floor
Pulls toys when walking
Walks upstairs with one handheld

COGNITIVE DEVELOPMENT

Symbolic play with real props (e.g., pretends to drink with cup)
Understands function of objects
Uses trial-and-error in problem-solving
Recognizes names of various body parts

SOCIAL INTERACTION

Is comfortable in playing away from parent
Shares toys with parent and others
Responds to facial expressions of others

SELF-CARE

Cooperates with dressing activity and can take off socks and shoes
Indicates discomfort when wet or soiled
Tolerates bathing, changing of diapers and grooming activities
Uses spoon appropriately (makes a mess)
Holds and drinks from open cup

PLAY DEVELOPMENT

Engages in simple pretend play directed toward self (pretend eating, sleeping).
Links 2 or 3 schemes in simple combinations
Demonstrates imitative play from an immediate model
Gross Motor Play: Explores all spaces in the room
Rolls and crawls in play close to the ground
Social Play: Begins peer interactions and parallel play develops

CONSOLIDATED DEVELOPMENTAL MILESTONES

AGE: 1 YEAR 6 MONTHS – 2 YEARS

FINE MOTOR DEVELOPMENT/MANIPULATION

Completes 4- to 5-piece puzzle
Builds towers (e.g., 4 blocks)
Holds crayon in fingertips and draws simple figures (straight stroke or circular stroke)
Strings beads
Begins to use simple tools (e.g., play hammer)
Participates in multipart tasks
Turns pages of book

GROSS MOTOR DEVELOPMENT/MOBILITY

Runs, squats, climbs on furniture
Climbs on jungle gym and slides
Moves on ride-on toy without pedals
Kicks ball forward and can throw ball at large target
Jumps with both feet (in place)
Walks up and down stairs

COGNITIVE DEVELOPMENT

Links multiple steps in activity together
Begins to use non-realistic objects in pretend play
Continues to use objects according to functional purpose
Object permanence is completely developed

SOCIAL INTERACTION

Expresses affection
Shows wide variety of emotions: fear, anger, sympathy, joy, frustration
Enjoys solitary play, such as colouring, building
Engages in parallel play
Laughs when someone does something silly

SELF-CARE

Sits on toilet when places there and supervised (less than 5 minutes)
Pushes arms and legs through holes of clothing

PLAY DEVELOPMENT

Enjoys sensory input of gross motor play
Makes inanimate objects perform actions (dolls dancing, eating, hugging)
Pretends that objects are real or that they symbolize another object
Enjoys social and parallel play
Imitates parents and peers in play
Participates in groups of children and begins to take turns

CONSOLIDATED DEVELOPMENTAL MILESTONES

AGE: 2 YEARS – 3 YEARS

FINE MOTOR DEVELOPMENT/MANIPULATION

Able to complete 3-piece insert puzzle and attempts 5-piece puzzle.
Can snip across with scissors across thick paper
Able to copy horizontal and circular marks
Can string thick beads, snip with scissors and traces form, such as a cross
Holds crayon with dexterity, colours in large forms, draws circles accurately
Builds towers and lines up objects and plays with toys with moving parts

GROSS MOTOR DEVELOPMENT/MOBILITY

Throwing and kicking ball with little accuracy and catches large ball against chest
Enjoys jumping down from small steps, walks up and down stairs without adult support
Able to ride tricycle
Begins to hop on one foot

COGNITIVE DEVELOPMENT

Combines actions into entire play scenario (e.g., feeding doll, then dressing in nightwear, then putting to bed)
Shows interest in wearing costumes; creates entire scripts of imaginative play
Matches pictures and sorting shapes and colours
Enjoys playing house

SOCIAL INTERACTION

Shows interest in peers, enjoys having companions
Begins cooperative play and play in small groups
Shy with strangers, especially adults and can be possessive of loved ones
Engages in dialog of few words

SELF-CARE

Improved use of a spoon and begins exploring with using a fork
Able to remove coat when unfastened and pulls down pants
Locates armholes in shirt
Participates in bathing self and shows interest in brushing teeth
Shows interest in potty training and flushing toilet by self
May need reminders to go to bathroom to prevent bedwetting

PLAY DEVELOPMENT

Enjoys rough-and-tumble type play and making a mess
Uses objects for multiple pretend ideas
Uses toys to represent animals or people
Plays out drama with stuffed animals or imaginary friends
Plays house, assigning roles to other, taking on specific roles

CONSOLIDATED DEVELOPMENTAL MILESTONES

AGE: 3 YEARS – 4 YEARS

FINE MOTOR DEVELOPMENT/MANIPULATION

Copies a cross, some letters and numerals and may be able to write own name
Uses precision (tripod) grasp on pencil or crayon and colours within lines
Uses scissors to cut simple shapes
Constructs three-dimensional design (e.g., 3-block bridge)
Manipulates objects within the hand

GROSS MOTOR DEVELOPMENT/MOBILITY

Jumps, climbs, runs, skip and hop
Stands briefly on one foot
Alternates feet walking upstairs

COGNITIVE DEVELOPMENT

Uses imaginary objects in play
Makes dolls and action figures carry out roles and interact with other toys
Categorizes and sorts out objects
Shows a sense of humour

SOCIAL INTERACTION

Attempts challenging activities
Prefers play with other children; group play replaces parallel play
Follows turn-taking in discourse and is aware of social aspects of conversation
Shows interest in being a friend

SELF-CARE

Able to put on front open shirt or jacket, shoes, socks with little assistance
Can successfully remove clothing with large buttons and zips
Enjoys finding and choosing own clothing and operating snaps, hooks and buckles
Goes to bathroom independently and seats himself or herself independently (may need assistance with wiping after toileting)

PLAY DEVELOPMENT

Creates scripts for play in which pretend objects have actions that reflect roles in real or imaginary life and may use complex scripts for pretend sequences
Begins to portray multiple characters with feelings
Creates art product with adult assistance
Works puzzles and blocks
Rough-and-Tumble Play continues to be enjoyable with swinging, sliding at playground, jumping, running

CONSOLIDATED DEVELOPMENTAL MILESTONES

AGE: 4 YEARS – 5 YEARS

FINE MOTOR DEVELOPMENT/MANIPULATION

Copies a triangle, prints own name, copies most lowercase and uppercase letters
Draws using a dynamic tripod grasp
Completes puzzles of up to 10 pieces
Uses scissors to cut out squares and other simple shapes
Uses two hands together well (stabilizing paper or object and another manipulating object)
Draws stick figure or may begin to draw trunk and arms
Strings small beads

GROSS MOTOR DEVELOPMENT/MOBILITY

Jumps down from high step, jumps forward and hops for long sequences (4-6 steps)
Throws ball and hits target
Climbs on playground equipment, swinging from arms or legs
Skips for a long distance
Walks up and down stairs reciprocally

COGNITIVE DEVELOPMENT

Understands and remembers rules to a game with a few reminders
Makes up stories that involve role playing with other children
Participates in goal-oriented, cooperative play with two or three other children
Participates in planning a play activity
Begins abstract problem solving

SOCIAL INTERACTION

Enjoys making jokes and teasing, sings whole songs, and tells stories
Role plays based on parents' or caregiver's roles

SELF-CARE

Able to remove pullover clothing, can handle most buckles, zippers and snaps on clothes
Might need some assistance with weaving belt through loops depending on clothing texture
Requires supervision during bathing and assistance with managing water
Can bath hair, face and body with assistance to be thorough
Independent with toileting (tearing paper, wiping, flushing, clothing management and washing hands)

PLAY DEVELOPMENT

Begins group games with simple rules
Engages in organized play with prescribed roles
Participates in an organized gross motor games such as kickball or "duck, duck, goose"
Takes pride in products and shows interest in the goal of the art activity
Begins to construct complex structures

CONSOLIDATED DEVELOPMENTAL MILESTONES

AGE: 5 YEARS – 6 YEARS

FINE MOTOR DEVELOPMENT/MANIPULATION

Ties and unties knots
independently cuts with scissors
Copies triangle; traces diamond
Completes puzzles of up to 20 pieces
Traces letters, begins to copy letters
Manipulates tiny objects in fingertips without dropping
Uses two hands together in complementary movements

GROSS MOTOR DEVELOPMENT/MOBILITY

Hops well for long distances and skips with good balance
Catches ball with two hands and kicks with accuracy
Stands on one foot for 8 to 10 seconds

COGNITIVE DEVELOPMENT

Reasons through simple problems
Bases play more on real life than on imaginary world
Participates in organized games
Uses complex scripts in play
Sorts objects in different ways
Copies elaborate block structures

SOCIAL INTERACTION

Participates in groups of 2 to 4 that play in organized, complex games
Has friends
Enjoys singing and dancing; reflects meaning of words and music
Demonstrates understanding of others' feelings

SELF-CARE

Dresses independently
Brushes teeth, washes faces and hair independently
Needs assistance with set-up and supervision for safety when bathing
May need verbal cues when bathing for thoroughness

PLAY DEVELOPMENT

Enjoys board games (competitive and cooperative)
Elaborate imaginary play
Role plays stories and themes related to seasons or occupations
Emphasis is on reality
Reconstructs real world in play
Participates in ball play sports