

## 3 Months—Developmental Milestones

### Expected range of development - 3 months

- Voluntarily movement appears.
- Limbs move smoothly and symmetrically.
- Kick legs alternatively or simultaneously.
- Lifts head and chest up whilst lying on stomach.
- By 5 months, when lying on stomach, can swing straight arms out to the side.
- Able to put a foot into mouth.
- Eye-hand co-ordination performed.
- Hands loose and open.
- The baby observes and grabs own hands.
- Starts to keep hitting a toy, but misses target. If given a rattle into his/her hand will shake it.
- Whinges, arbitrary cries, laughs, utter cries, chuckles.
- Starts to smile at 6 weeks, a month later responds to your smiles or conversation.
- Responds to noise, looking for the source of sound.
- Distinguish reaction towards mother, smiles.
- Recognises the bottle.
- Night and daytime sleep, feeding and awake time becomes a routine.
- Night sleep about 10 hours.

### Signs of developmental delay - 3 months

- Lack of voluntary movements.
- Arm and leg movements stiff, jerky.
- Little movement of limbs.
- Low muscle tone.
- Unable to lift head and chest up whilst lying on stomach.
- Poor head control while pulling up into sitting, head turns to one direction.
- Hands are still in fist position, unable to bring hands into midline.
- No response to sounds, noise, not turning, looking and following objects from one side to the other.
- Doesn't smile much and appears irritable.

## 6 Months—Developmental Milestones

### Expected range of development - 6 months

- Able to turn anywhere when sitting or lying on stomach.
- Creeps and rolls purposely to toys.
- Is able to pull into sitting position and can save themselves if they fall over. They can sit unaided by 8 months.
- Weight bears on legs when held at waist.
- Holds head steady in every position.
- By 8 months they will be on all fours and can swing backwards and forwards and may be crawling.
- Most can pull up into standing position on wide base, but unable to get down again.
- Reach for toys with one hand while looking at it.
- Starts to separate thumb and pointing finger.
- Swaps toys between hands, bangs two toys together and claps hands.
- Says, "Ah-goo" or similar vowel consonant combination, tries to copy, observes and mimics your mouth movement.
- Lots of smiles and laughter.
- Active for 50% of the daytime, spending lots of time observing moving toys.
- Responds to his/her name and smiles.
- Likes to look at his/her image reflected in the mirror.
- Differentiates strangers and starts to show fear, follows mother more and more everywhere. Presence of mum comforts him/her.
- Differentiates angry talk to kind talk. Sometimes purposely annoys family members.
- Shows more and more interest towards independent eating. Feeds self with cracker by 8 months, picks up food in fists.
- Able to hold a spoon and a cup.
- Some unsettled night sleep.

### Signs of developmental delay - 6 months

- Legs are stiff and have a crossing tendency.
- Difficult to change nappies or dressing.
- Body position is asymmetrical, one hand still in fist.
- Kicking more obvious on one leg.
- Head control is still poor.
- Still not able to roll onto stomach.
- Significant delay in creeping, rolling, sitting, and sits with round back.
- Stands on tip-toe.
- Poor hand-eye control.
- Not reaching out, easily lets go of toys.
- Hand can't go to midline.
- Still startled at sudden noise, cries.
- Not able to independently hold and eat a cracker.
- Appears to be quiet and not very active.

## 9 Months—Developmental Milestones

### Expected range of development - 9 months

- Points and puts fingers into hole. Can put two blocks on top of each other.
- Starts pulling toy by string, takes out small object from the basket, using both hands.
- Understands basic instruction "no", "yes" and "bye".
- Gesturing, repeats words, copies the rhythm of the speech intonation.
- Recognises if object is big and needs two hands to hold.
- Remembers a toy he/she played with yesterday.
- Looking for a hidden object at the same place.
- At 10-11 months, points out body parts.
- Plays with stacking blocks, likes pictures in books.
- Starts to be bossy. Doesn't like to end playing.
- Knows the meaning of "no".
- He/she annoys parents to see how they react.
- Helps more and more in dressing, can pull socks off.
- Crawls while holding a toy in one hand, turns around, starts to stretch one or both legs while crawls.
- Pulls up at furniture, side walks, might be able to stand by himself/herself for couple of seconds.
- Sits for a long time with a straight back.
- Starts to climb up on furniture, on stairs.
- Stands alone longer and longer, crouches down and stands up at about 11 months.
- Arms and legs are very active in the bath.

### Signs of developmental delay - 9 months

- Stiff limbs, crossing tendency in legs or very placid quiet baby.
- Poor head control, and poor ability to use hands.
- Difficult to bring arms forward.
- Lack of eye-hand control.
- Difficult to get he/she to stand, going forward one side dominant, rounded back.
- Fine motor skills not improving, lack of interest towards toys. No favourite toy.
- Does not respond to basic instruction.

## 12 Months—Developmental Milestones

### Expected range of development - 12 months

- Walking along using a wall for balance or along furniture freely.
- Most children are able to walk or take some independent steps by now.
- Able to crouch down and stand up independently or lean down for a toy.
- Able to pick up the smallest bits from the floor with proper pincher grasps.
- Push cars on the floor through rooms. Observes people, animals, and traffic with persistent attention.
- Recognises the noise of dad's car or steps when coming home.
- Babbles, all day, copying adults frequently used words.
- Understands "give it to me", "come to me", "say bye".
- Groups toys by colours and shapes.
- Very sensitive with strangers.
- Wants to eat independently.
- Can resist against sleeping. Co-operates in dressing.

### Signs of developmental delay - 12 months

- Not crawling, not pulling up to standing, not walking along furniture, has a crossing tendency.
- Not able to weight bear on legs, no strength in arms and legs.
- Not able to walk sideways or between furniture.
- Poor head control, poor use of hand, using one side less than the other.
- No pointing, pincher grips, awkward movements.
- Poor eye hand control.
- Not turning to sounds.
- Not listening to name.
- Not understanding some basic instructions.
- Not interested in toys, concepts.
- No fear of strangers.

## 15 Months—Developmental Milestones

### Expected range of development - 15 months

- Walking more independently, legs are wide apart and a bit unsafe. They may use arms to balance.
- Often falls on obstacles on floor or knocks into furniture. Most of the time lands on his/her bottom or falls forward onto hands.
- Learning to pick up string, lolly, crust with pincher grasp.
- Likes drawing lines with thick pencil or chalk, recognises some animals, people, and objects from picture book.
- Happy chatting all day.
- Says 2-6 recognisable words but understands much more.
- Holds the spoon, brings to mouth, licks it, but cannot turn it. Chews well.
- Helps with dressing more frequently.
- Likes to throw toys, objects to the floor - either in playing game or out of anger.
- Always curious.
- Emotionally is unstable, needs constant supervision.

### Signs of developmental delay - 15 months

- Can't walk or steps with tendency to cross legs.
- Stands on tiptoe or still unable to weight bear.
- Fine motor skills poor, can't sit on chair, attention span very short.
- Late response when calling, becomes frustrated easily. Expresses wishes or needs just by crying.
- Not interested in holding spoon or food, chewing is a problem, only able to cope with mashed food.
- Dribbles a bit.
- Not helping in dressing and is difficult.
- Becomes tired easily and cries a lot.

## 18 Months—Developmental Milestones

### Expected range of development - 18 months

- Walking becomes more safe and smooth, starts to run but not confidently.
- Likes to pull and push big objects.
- Climbs up onto an adult's chair, turns around and sits.
- Needs help stepping up on stairs.
- Draws on paper with preferred hand.
- Recognises more pictures, vocabulary is 6-20 words, echoing the first or last word of your sentence.
- Tries to sing, say rhymes.
- Easily able to bring spoonfuls of food to mouth, can hold up a cup and drink cleanly.
- Takes off shoes, hats etc.
- Can indicate needs by fidgeting.
- Toilet training is often successful.
- Plays for long periods of time with books, toys etc but likes adult around.
- Emotional state depends on adult.

### Signs of developmental delay - 18 months

- Not walking or only walking on tiptoe, knees are bent or even hyper extended not lifting the knee high enough and falls often.
- Has difficulty balancing.
- One arm is quite obviously bent all the time and hand is in a fist, using other hand to play and reach.
- No words and difficult to understand his/her wishes and needs.
- Unable to chew well and has problems drinking from a cup.
- Unable to climb up on armchair.
- Not active.

## 2 Years —Developmental Milestones

### Expected range of development - 2 years

- Running on flat feet safely.
- Easily stops and starts.
- Able to manoeuvre around obstacles.
- Can throw ball above head.
- Can unwrap present, sweets, build tower from 6 blocks.
- Draws circles spontaneously, can copy vertical lines.
- Recognises small objects on the page, adults from photos.
- Hand preference becomes more obvious. He/she knows 50 or more words, and says 2-3 word sentences.
- Names him/herself.
- Talks constantly to self when playing. Asks questions, sings, knows all body parts.
- Asks for a drink, eats and drinks by self.
- Puts on shoes.
- Toilet trained during the day.
- Constantly requires the attention of a parent. Likes to be with other children but they are not playing together yet.
- Has a tantrum if something is not successful.

### Signs of developmental delay - 2 years

- Poor movement co-ordination.
- Not walking unassisted, still unsteady on feet.
- Fine motor skills under age level, not able to unscrew lid, draw lines or circles.
- Speech is difficult to understand, tongue co-ordination is poor.
- Can't suck through straw, eating is still very messy, chewing is weak.
- Toilet training is not successful.
- Cries and gets frustrated easily.

## 3 Years —Developmental Milestones

### Expected range of development - 3 years

- Able to walk up on stairs with alternate legs but can't alternate legs whilst going down.
- Able to stand up straightaway.
- Enthusiastically climbs up on big toys, furniture or playground equipment.
- Able to go around any obstacles even when running.
- Able to steer and ride a tricycle.
- Able to stand on one leg and jump on two legs.
- Able to copy a circle, lines and letters.
- Draws a person with a head and some other parts of the body.
- Paints with thick brush and uses scissors, with guidance
- Vocabulary has increased a lot, but there are still some infantile elements.
- Uses plurals, pronouns, prepositions and simple past tense.
- Asks lots of questions eg. who, where, what does it do?
- Knows some rhymes and songs.
- Can carry on a conversation of 2-3 sentences.
- Eats with fork and spoon.
- Washes hands but drying needs some help.
- Able to dress and undress pulls a zip up and down but needs help with buttons and putting the zip together.
- Starts to love role-plays.
- More kind and loveable towards family and other people.
- Loves to play on the floor with blocks and build tower with 9 blocks.
- Starting to play with other children.

### Signs of developmental delay - 3 years

- Unbalanced when walking and falling often.
- Weight bearing on tiptoe or on flat feet.
- Unable to run, jump with both legs. Having problems stepping up a kerb and stairs.
- Asymmetrical posture and poor use of one hand.
- Has problems using a pencil.
- Unable to thread beads.
- Hands are clumsy.
- Language skills are poor.
- Social skill is not improving.

## 5 Years —Developmental Milestones

### Expected range of development - 5 years

- Easily runs on forefoot.
- Very active, always keen to climb and investigate new things.
- Enjoys skipping with alternate legs, dancing and balancing on one leg.
- Copying shapes, letters.
- Draws simple houses.
- Can count on one hand using other pointing finger.
- Express needs very clearly using varied language.
- Now able to manage different emotions.
- Play make-believe games and act out scenes with friends.
- Using fork and knife.
- Dress and undress independently.
- Wants to play with other children.

### Signs of developmental delay - 5 years

- If your child has started school they may have problems with achievements and integration in class.
- If the problem is more serious seek, help from other professionals.