

Developmental Milestones



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Principles of Development



1. Continuous from conception to maturity.
2. Sequence of development is same in all children, but rate varies.
3. Dissociation
4. Intimately related to maturation of nervous system
5. Generalized mass activity replaced by specific individual responses.
6. Cephalocaudal direction
7. Primitive reflexes lost so that relevant milestones are attained

Domains of Development



- **Gross Motor Development**
- **Fine Motor Development**
- **Personal Social**
- **Language**
- **Vision & Hearing**

Gross Motor Development



Age	Milestone
3 months	Neck holding
5 months	Rolls over
6 months	Sitting supported
8 months	Sitting without support
9 months	Stands with support
12 months	Stands without support, Walks but falls
15 months	Walks alone, Creeps upstairs
18 months	Runs, explores drawers
2 years	Walks upstairs (baby steps), Jumps
3 years	Walks upstairs (alternate feet), rides tricycle
4 years	Hops on one foot, walks downstairs (alternate feet)

Positions



- **Supine & pull to sit (6-12-20)**
- **Ventral Suspension (6-8-12)**
- **Prone Position (6-8-12)**
- **Sitting (5-6-8-9)**
- **Standing & Walking (9-10-12-13 to 15-18-24)**

Fine Motor Milestones



Age	Milestone
4 months	Bidextrous reach
6 months	Unidextrous reach
9 months	Immature pincer grasp
12 months	Mature pincer grasp
15 months	Imitates scribbling, tower of 2 blocks
18 months	Scribbles, tower of 3 blocks
2 years	Tower of 6 blocks, vertical & circular stroke

Fine Motor Milestones cont..



Age	Milestone
3 years	Tower of 9 blocks, copies circle
4 years	Copies cross, bridge with blocks
5 years	Copies triangle

Fine Motor Milestones



Hand Eye Coordination:

12-20 weeks: Hand regard

4 months: Hands in midline

5-6 months: Ulnar grasp

6-7 months: Transfers objects

8-9: Radial grasp

1 Year: Mature pincer grasp



Hand Mouth Coordination:

6 months: Hand to mouth

15 months: Drinks from cup without spilling

18 months: Feeds himself with spoon

Dressing:

1 year: pull off cap/ socks

18 months:unzip

2 years: undress, wear shoes & socks

3 years: dresses up

5 years: ties shoelaces

Personal Social Milestones



Age	Milestone
2 months	Social smile
3 months	Recognizes mother, anticipates feeds
6 months	Stranger anxiety
9 months	Waves bye bye
12 months	Comes when called, plays simple ball game

Personal Social Milestones cont...



Age	Milestone
18 months	Copies parents in tasks
2 years	Asks for food, toilet, pulls people to show toys
3 years	Shares toys, knows full name & gender
4 years	Plays cooperatively in group, goes to toilet alone
5 years	Helps in household tasks

Language Milestones



Age	Milestone
1 month	Alerts to sound
3 months	Coos (musical vowel sound)
4 months	Laughs aloud
6 months	Monosyllables (ba,da,pa) ah-goo
9 months	Bisyllables

Language Milestones cont...



Age	Milestone
12 months	1-2 words with meaning
18 months	8-10 word vocabulary
2 years	2-3 word sentences, uses pronouns
3 years	Asks questions
4 years	Says song or poem, tells stories
5 years	Asks meaning of words

Visual Milestones



Birth: 10-45°

4 weeks: 90°

12 weeks: 180°

1 month: Fixates at mothers face

3-4 months: Fixates at objects

4 months: Binocular vision established

6 months: Adjusts position to follow object

1 year: Follows rapidly moving objects

Hearing Milestones



Newborn: Responds to sound

3-4 months: Turn head towards source

10 months: Looks diagonally



Thank You