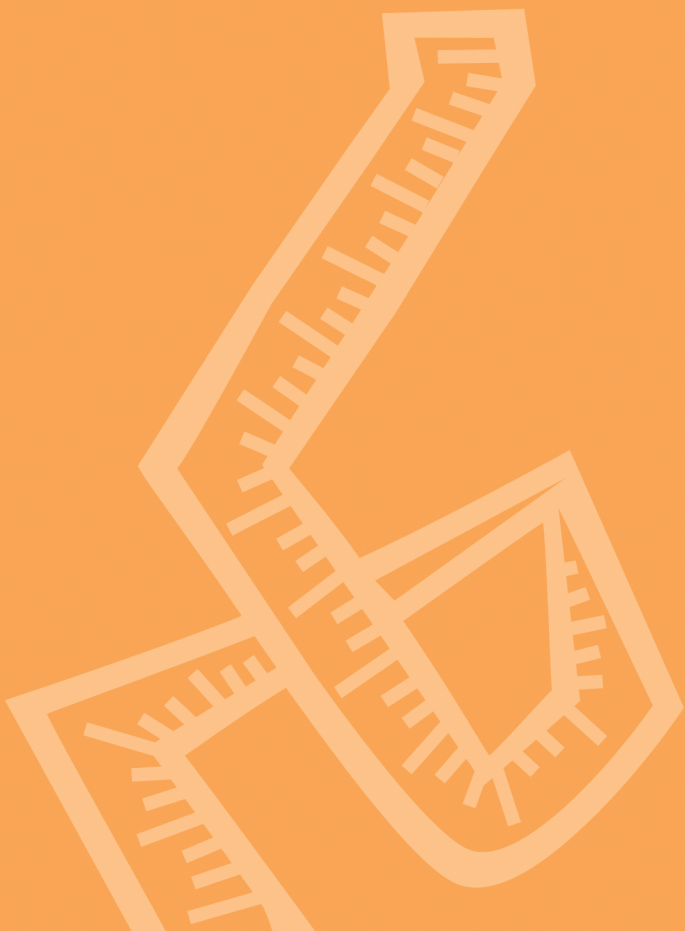




PHOENIX CHILDREN'S *Hospital*

The Way We Grow



MILESTONES

Following are some typical milestones for infants based on age. Every child is different, but these serve as an overview of the types of motor and language skills your child should demonstrate. The age ranges are approximate and mostly depend on the individual development of each child.

0–3 MONTHS

Fine motor

- Holds hands open or loosely closed
- Clenches hand as a toy is touched to it
- Briefly holds dangling ring put in hand

Gross Motor

- Can turn face side to side when on tummy
- Begins to lift head regularly when playing on tummy, putting weight on forearms
- Waves arms, kicks legs, squirms when diapers are changed

Receptive Language

- Startles in response to loud noise
- Smiles in response to familiar voice
- Quiets to familiar voice
- Looks directly at speaker's face

Expressive Language

- Makes soft, throaty sound
- Cries differently to express hunger, irritation, pain
- Expresses pleasure by cooing, squealing, gurgling

3-6 MONTHS

Fine Motor

- Curls fingers actively around toy touched to hand
- Takes toy to mouth when on back
- Plays with own hands at midline
- Brings both hands towards toy when on back

Gross Motor

- Rolls from tummy to back
- Rolls from back to tummy
- When playing on tummy, uses swimming-like movements
- When playing on tummy, pushes up with arms to hold elbows

Receptive Language

- Shows fear of angry voice
- Smiles and laughs at pleasant speech
- Turns head toward sound and human voice

Expressive Language

- Babbles by repeating series of same sounds
- Laughs during play
- Changes sounds with body positions, using sounds: “p;” “b;” “m;” “n”

6-9 MONTHS

Fine Motor

Reaches and picks up block with one hand

Picks up block in each hand

Transfers toy from one hand to the other

Bangs toy on surfaces and together

Gross Motor

Sits independently, then learns to get out of sitting by pivoting and reaching to the side

Gets self up to hands and knees

Belly crawls, or creeps on hands and knees

Receptive Language

Looks for family members when asked, “Where’s Mommy?”
“Where’s Daddy?”

Looks at some common objects when named

Responds somewhat to music

Pauses momentarily to respond to “no-no”

Expressive Language

Imitates familiar gestures (shaking a toy)

Uses two-syllable babbling: “mama;” “dada;” “gaga”

Vocalizes to call attention to himself/herself

9-12 MONTHS

Fine Motor

Bangs two toys together in air

Takes toys in and out of container

Pokes with index finger

Lets go of toy

Imitates back and forth scribble with a crayon

Helps turn pages of a book

Gross Motor

Creeps for mobility

Pulls to stand at furniture and lowers without falling

Cruises around furniture

Starts to climb

Receptive Language

Understands some simple requests: “give me;” “give me a kiss”

Understands simple, over-learned words: “hot;” “so big”

Responds to simple questions with searching movements: “Where’s your shoes?”

Expressive Language

Plays exchange games with adults (handing objects back and forth)

Initiates games of “pat-a-cake” and “peek-a-boo”

Uses jargon (strings of a wide variety of consonant-vowel combinations with changes in tone and pitch of voice)

12-18 MONTHS

Fine Motor

Stacks 2-4 blocks

Scribbles spontaneously

Imitates stroke on paper

Turns pages of a book 2-3 at a time

Picks up and drinks from a cup with spills

Gross Motor

Walks without support, rarely falling

Climbs over, under, up, and into things

Stoops or squats to pick up toys

Throws or rolls ball with two hands when sitting

Receptive Language

Understands simple one-step commands

Recognizes and points to body parts (hair, eyes, hands, mouth) when named

Expressive Language

Attempts to get objects by pointing and vocalizing

Uses from three to 20 single words meaningfully

Omits final sounds and words frequently

18-24 MONTHS

Fine Motor

Separates pop beads

Stacks 4-7 blocks

Threads shoelace through hole

Imitates vertical stroke drawn

Gross Motor

Rides ride-on toys without pedals

Walks into or steps on large ball when shown how to kick it

Walks up or down stairs, holding railing

Throws small (tennis) ball three feet with directionality (toward person or object)

Receptive Language

Recognizes body parts and clothing articles in large pictures

Understands simple yes or no questions

Understands differences in personal pronouns: "me;" "you"

Appears to listen to meaning of language, not merely words

Expressive Language

Replaces jargon with meaningful words

Imitates animal sounds and other environmental sounds in play

Refers to self by name

Uses "no" frequently

2-3 YEARS

Fine Motor

- Turns door knob to open door
- Stacks 8-10 blocks
- Turns single pages of a book
- Holds crayon like an adult (tripod grasp)
- Unbuttons large buttons, snaps or unties shoes
- Begins to use fork

Gross Motor

- Can walk on tip toes
- Runs well, changing directions, avoiding obstacles in path
- Jumps forward with a two foot take off and land (broad jump)
- Kicks ball

Receptive Language

- Understands action in pictures
- Recognizes names of smaller body parts (chin, knee, elbow)
- Understands functions of objects: "Which one do we comb with?"

Expressive Language

- Combines words to express: position: "my coat;"
recurrence: "more juice;"
action: "go outside;" location: "want up"
- Usually uses 2-4 word combinations
- Asks for help with personal needs: toileting; washing hands

3-4 YEARS

Fine Motor

- Hand dominance seen by consistent use of left or right hand
- Unscrews cap from bottle
- Puts simple puzzles together

Gross Motor

- Begins balancing on one foot
- Begins to catch ball
- Jumps off (stair, chair, box) stable object 18-24 inches high,
landing on two feet
- Pedals tricycle 10 feet

Receptive Language

- Understands concept: hard/soft; rough/smooth
- Understands spatial concepts: front/back
- Follows two-step directions involving two different actions

Expressive Language

- Asks many questions: "who?" "what?" "where?" "why?"
- Uses 4-5 word sentences most of the time
- Engages in detailed conversations
- Uses language in imaginative play

4-5 YEARS

Fine Motor

Builds block towers in indefinite heights

Uses glue and scissors

Cuts simple shapes with scissors

Holds utensils with fingers rather than fist

Gross Motor

Skips or hops

Somersaults

Challenges self on playground equipment

Stands on one foot for 5-10 seconds

Catches small (tennis) ball

Receptive Language

Follows series of three unrelated commands

Identifies 2-3 primary colors

Understands concepts: heavy/light; loud/soft; day/night

Understands directional concepts: above/below; top/bottom

Expressive Language

Combines 4-8 words in a sentence

Describes objects according to size, shape, color

Enjoys retelling stories

Enjoys asking the meaning of new words

5+ YEARS

Fine Motors

Colors within the lines

Copies words/numbers

Draws a person with at least eight body parts (two arms counts as one part)

Feeds self

Receptive Language

Identifies all primary colors

Understands concepts; same/different; first/middle/last

Understands more time-related concepts: before/after; yesterday/tomorrow

Expressive Language

Retells a brief story

Asks meaning of words

Can tell home address

Talks about events in the future using “will”

Uses pronouns: “himself;” “herself”



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