

# Developmental Milestones

12  
Months

## Whole body movements

- Stands alone
- Takes 1-2 steps
- Pulls up to stand
- Waves bye bye



## Arms, hands & fingers

- Scribbles on paper
- Uses thumb and pointer finger to pick up small objects
- Plays pat-a-cake

## Hand-eye Coordination

- Looks for things they see you hide, such as a toy under a blanket
- Puts something in a container, like a block in a cup

## Independence

- Pulls off socks and shoes
- Cooperates with dressing
- Drinks from an open cup, with caregiver holding cup

# Developmental Milestones

18  
Months

## Whole body movements

- Walks well with infrequent falls
- Squats to pick-up an object and stands back up without falling
- Crawls up stairs or walks with help
- Can walk backward

## Arms, hands & fingers

- Points with index finger
- Can clap
- Turn pages of a thick book
- Can scribble on paper

## Hand-eye Coordination

- Stacks 2 blocks
- Beginning to enjoy simple shape puzzles
- Push, pull and dump toys out
- Can blow bubbles and pop them in the air

## Independence

- Pushes, pulls/carries toys when walking.
- Eats a variety of soft foods
- Wants to be included in routine basdd activities however attention is short

# Developmental Milestones

2 years

## Whole body movements

- Walks alone
- Picks up toy from stand without falling
- Walks up stairs confidently
- Can jump using both feet
- Kicks a ball

## Arms, hands & fingers

- Imitates horizontal and vertical lines
- Opens cabinets or drawers
- Able to place large pegs in pegboard
- Holds crayon with fist or fingers

## Hand-eye Coordination

- Throws and/or kicks a ball
- Builds 6 block tower
- Snips with scissors

## Independence

- Removes elastic waist pants
- Eats a variety of different solid foods
- Able to sort simple shapes and colors (example: sorting socks in laundry)

# Developmental Milestones

**3 years**

## Whole body movements

- Runs without falling
- Balance while standing on one foot for a few seconds
- Walk up stairs independently with one foot after the other

## Arms, hands & fingers

- Can draw a face
- Able to tear paper
- Lace 2-3 large beads
- Emerging hand dominance

## Hand-eye Coordination

- Cuts straight lines
- Catches large ball
- Copies vertical, horizontal lines and circles
- Throws ball overhead with one hand

## Independence

- Pedals on a tricycle
- Drinks from an open cup
- Buttons large buttons
- Washes and dries hands
- Uses spoon and can feed self

# Developmental Milestones

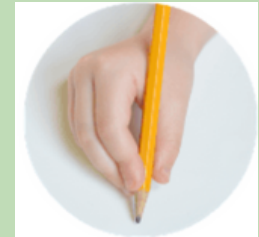
4 years

## Whole body movements

- Balances on one foot for 10 seconds or longer
- Skips
- Catch and throw a ball overhead
- Walks downstairs independently

## Arms, hands & fingers

- Holds pencil like this —>
- Draws a person with 3 body parts
- Draws a circle or square



## Hand-eye Coordination

- Cuts out a circle
- Copies a +, /, simple shapes and some letters/numbers
- Builds tower of about 10 blocks
- Can lace smaller beads
- Can complete 2-4 interlocking puzzles

## Independence

- Zips jacket after it is fastened
- Buttons large buttons
- Dress themselves
- Open ziplock baggies, containers and lunchboxes

# Developmental Milestones

5 years

## Whole body movements

- Skips, jumps on one foot, can play jump rope
- Can climb
- Can use a tricycle with support
- Imitates simple body movements I.e. Simon says

## Arms, hands & fingers

- Prints name from memory
- Colors within the lines
- Draws a person with at least 6 body parts
- Uses adult pencil grasp

## Hand-eye Coordination

- Cuts out a square
- Coordinates hands to brush hair and teeth
- Able to copy most letters and some numbers
- Complete 8-12 interlocking piece puzzle
- Can draw a variety of pictures

## Independence

- Dressing and undressing (excluding shoelaces) independently
- Knows address and phone number
- Simple chores with assistance I.e. Clears dinner table, sorts laundry