

Child Development Milestones

At Birth (0 months)



- Pull to sit – Newborn complete head lag, back rounded
- Ventral suspension – Newborn head sags down
- Startles to sound
- (Do OAE hearing screening)

6 Weeks



- Momentarily holds the head in horizontal plane
- Head control begins
- Social : Social smile

10 Weeks



- Responds by smile – Responds to bell
- Follows dangling toy at 180 degree
- Coos & gurgles
- Make eye to eye contact
- Turn head towards direction of sound
- Begins to recognize the mother's face

14 Weeks



- Pulled to sit, head steady
- Prone position, face, head and chest off the couch
- Ventral suspension – head above the plane of trunk
- Turns over by 3–5 months
- Fine motor: Bi-dexterous approach
- Full head control

6 – 9 Months



- Prone position – lifts the chin and chest, while supporting weight, on extended arms
- Sits with support (tripod sitting)
- Like to look itself in a mirror
- Babbles – oh, eh, oo (sounds)
- Fine motor : Transfer objects
- Holds cube crudely – Uni-dexterous

9 Months



- Gross motor : Sits well, stands holding on (with support)
- Fine motor : Immature pincer grasp
- Social : Waves bye – bye
- Plays – peek a boo, claps
- Language : Says bi-syllables (mama, baba, dada)
- Look for hidden toys
- Respond to name being called
- Crawl to get desired object

1 Year



- Stands without support
- Walks alone, but falls
- Mature pincer grasp
- Plays simple ball game
- 2 words with meaning
- Points an object with one finger
- Respond to simple request – No, come here

15 Months



- Walks alone
- Crawls upstairs
- Imitates as talking by phone
- Brings and shows toys of interest
- Tower of 2 cubes

18 Months



- Runs, explores table drawers
- Domestic mimicry
- 8–10 words
- Throws a ball without falling
- Recognizes parts of the body
- Tower of 4 cubes
- Name and identify common objects in the picture book
- Puts pebbles, small objects in a container

2 Years



- Walks up and down stairs (2 feet/step)
- Tower of 6 cubes
- Pulls people to show desired object
- Two-word sentences
- Able to do two step command

3 Years



- Rides tricycle
- Alternates feet going upstairs
- 3 word sentences
- Tower of 8 cubes, making a bridge / gate of 3 cubes
- Copies a circle
- Knows name & gender
- Identify 1–2 colours and shapes
- Able to do three step command

4 Years



- Hops on one foot
- Alternates feet going downstairs
- Copies cross & square
- Steps of 6 cubes
- Group play
- Says poem, able to tell A B C D, 1 2 3 4 letters and simple story

5 Years



- Plays skipping rope
- Copies a triangle
- Steps of 10 cubes
- Count up to 10
- Social : Dresses and undresses
- Language : Asks for meaning of words
- Identify & write letters A B C D, 1 2 3 4
- Identifies 4 colours

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