Normal Developmental Milestones

By

Martha Kombe

What are they?

- They are physical or behavioral checkpoints in children development as they grow.

- They are things that most children can do at a certain age

- Different children attain milestones differently

- A delay can be when a child does not attain skill by upper range of age

- Milestones can be grouped in these categories

  - Gross motor – sitting, crawling, walking ,jumping

  - Fine motor – eye hand coordination, picking small objects, stacking toys

  - Language skills- hearing, understanding and using language

  - Cognitive skills- problem solving, reasoning, thinking, learning

  - Social interaction- getting along with people, playing

Gross Motor skills

- Head support (0-3 months)
- Pushes up on arms and holds head up
- Moves fists from closed to open
- Brings hand to mouth
- Supports self with hands while sitting (4-6 months)
- Rolls from back to tummy to back
- Plays with feet while lying on his back
- Transfers toys from one hand to the other
- Sits unsupported(7-9 months)
- Crawls

- Pulls to stand can cruise along furniture(10-12 months)
- Stands alone and takes several independent steps
- Walks independently(13- 18 months)
- Can squat to pick a toy
- Climb stairs with rail
- Throws ball
- Walks up stairs (21 months)
- Jumps up and down (24 months)
- Tiptoe, kick ball
- Hops, stands on one foot 2 sec(4 yrs.)
- Stand on one foot 10 sec (5 yrs.)
- hops and may skip

Fine motor skills

- Rattles toy (0-3 months)
- Palmar grasp(5 months)
- Reaches, grasps and put object in mouth
- Transfer objects from one hand to the other(7 months)
- Pick things with pincer grasp (6-9 months)
- Build tower of 3 cubes(1-2 yrs)
- Hold 2 cubes
- Can zip clothes(large) 2-3yrs
- Fasten and unfasten large buttons
- Holds pen with thumb and finger
- Uses fork, cut with scissors following a straight line (4-5yrs.)
- Can copy shapes

Language skills

- Cooing (2 months)
- Reacts to sounds and noises(4-6 months)
- Consonant sounds when babbling like da, da, da
- Listens and responds when spoken to
- Babbling (6 months)
- Recognizes sound of their name
- Mama, dada (9 months)
- Says "mama" or "dada" meaningfully (11-12 months)
- Says one or two words
- Imitates speech
- Can identify 1-2 body parts when named (15 months)

- 2-3 word phrases (2 yrs.)
- names 3 objects
- says no
- Knows name, age, sex (2 -5 yrs.)
- Converses 4 years

Social interaction

- Focus on face(4 weeks)

- Social smile (6 weeks)

- Smiles spontaneously (4 months)

- Knows familiar faces (6 months)

- Plays with others

- Scared of strangers(6-9 months)

- Cries when parents leave(12 months)

- Shows fear in some situations

- Simple pretend play (18 months)

- Points at things

- Plays with other children(2yrs)

- More independence

- Takes turns in games (3 yrs)

- Dress and undress self

- Understands "mine", "his" , "hers"

- Cooperates with other children and prefers to play with other children(4yrs)

- Enjoys doing new things

Cognitive skills

- Follows things with eyes and recognize people (2 months)
- Lets you know if he is happy or sad (4 months)
- Reaches for toy with one hand
- Looks around at things nearby (6 months)
- Curiosity for things and tries to get things out of reach
- Looks for things they see you hide(9 months)
- Plays peek-a-boo
- Explores things in different ways like throwing , banging, shaking (1yr)
- Bangs 2 things together
- Put things in and out of container

- Knows the use of different items like spoon, phone, brush (18 months)
- Points to get peoples attention
- Points to one body part
- Play simple believe play (2 years)
- Follows 2 step instructions
- Copies a circle(3yrs)
- Build a tower of more than 6 blocks
- Can name colors and numbers(4 yrs.)
- Can copy shapes like Triangle (5 yrs.)
- Can count 10 or more things

Conclusion

- Parents need to be on watch for any delays and consult a doctor whenever they are concerned

- With early intervention a child can catch up on the milestones they have not attained

Thank You