



MY BABY'S MILESTONES



MOTOR

0-3 months

- Primitive reflexes (Rooting, Sucking, Moro, Grasp, Stepping, Fencing)
- Holds head in midline when suspended vertically
- Elevate head when on tummy

- ▶ *• Stiff legs or arms*
- ▶ *• Difficulty lifting head*



Grasp reflex



Elevates head when on tummy

4-6 months

- Elevates head and upper trunk, bearing weight on forearms when on tummy
- Sits independently
- Rolls from back to front and front to back
- Transfers objects from one hand to another
- Bears weight on legs and bounces when supported in standing position

- ▶ *• Does not push down feet on hard surface*
- ▶ *• Does not pull to sit or sit in tripod*
- ▶ *• Does not hold cube between two hands*
- ▶ *• Unable to grasp using entire hand and some thumb movement*



Grabs



Rolls



Sits independently

7-9 months

- Uses raking motion to pick up objects
- Pincer grasp to pick objects
- Finger feed
- Pulls to stand independently
- Cruises furniture by walking
- Creeps or crawls

- ▶ *• Very stiff with tight muscles or very floppy like a rag doll*
- ▶ *• Absence of postural reflexes*
- ▶ *• Does not grasp objects with thumb and 1st and 2nd fingers*



Pincer Grasp



Crawls

10-12 months

- Stands independently
- May take a few steps unassisted
- Stoops and recovers without falling
- Scribbles
- Stacks two objects
- Drinks from open cup

- ▶ *• Unable to catch rolling ball*
- ▶ *• Does not pull to stand*
- ▶ *• Unable to release object into cup*
- ▶ *• Unable to hold bottle*



Stands Independently



Generally, milestones that are not achieved within 6 months of estimated milestone date are a cause for concern and should be further assessed





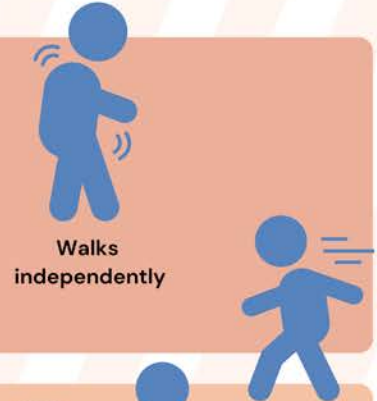
MY BABY'S MILESTONES



MOTOR

18 months

- Walks independently
 - May walk up steps, run and kick
 - Pulls toys when walking
 - Drinks from a cup and eat with a spoon
 - Scribbles
 - Builds tower of 3 blocks
- *Does not point to show things to others*
 • *Unable to scribble with fistful grasp over pencil*
 • *Unable to self-feed with fingers*



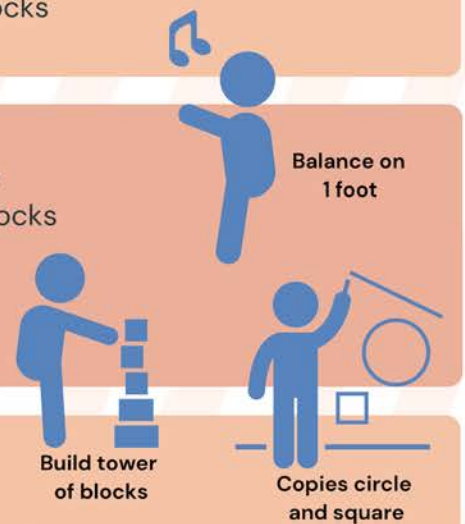
24 months

- Tiptoes, runs, kicks, jumps
- Climbs on furniture unassisted
- Walks up and down stairs assisted, may alternate feet
- Throws ball overhand
- Copies straight lines
- Feeds self
- Builds tower of 6 blocks



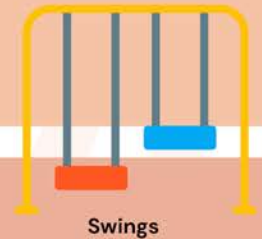
3 years

- Balances on 1 foot
 - Pedals a tricycle
 - Walks up and down stairs, alternating feet unassisted
 - Copies circle
 - Able to use utensils
 - Builds tower of 9 blocks
- *Falls down a lot* • *Does not undress*
 • *Does not remove socks and shoes*



4 years

- Hops on one leg
 - Catch and bounce ball
 - Copies square
 - Builds tower of 12 blocks
- *Unable to jump in place, resists dressing, sleeping, and using toilet*
 • *Unable to use scissors to cut paper with supervision*
 • *Indicates need to void (defecate or urinate)*
 • *Unable to dress self (no buttons)*



5 years

- Skips
 - Uses cutlery
 - Swings
 - Can use toilet without help
- *Unable to hop or run*
 • *Poor balance and coordination*
 • *Unable to handle cutlery*
 • *Unable to dress self with buttons/zips*



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MY BABY'S MILESTONES



COGNITIVE & VISUAL

0-3 months

- Blinks in response to bright light
- Binocular vision; sees image as one
- Visual tracking of moving object to or beyond midline
- Turns towards visual & auditory stimuli
- Responds to sensory stimuli
- Able to see objects within close range
- Watches faces intently

Visual tracking



- *Does not watch things as they move*

4-6 months

- Beginnings of Object Permanence
- Beginnings of cause and effect understanding
- Responds to sights and sounds
- Learns through sensory exploration
- Full colour vision
- Sees across a room well
- Likes to look at self in the mirror
- Able to focus on near and far object
- Displays curiosity

Object Permanence



- *Does not watch own hands;*
- *Does not look for fallen objects*
- *Unable see objects up close*
- *Rubs eyes frequently*
- *Does not notice you or objects across the room*
- *Tilts head at funny angle to look at objects*

7-9 months

- Fully understands cause and effect
- Development of a favourite object
- Object Permanence developed
- Explores how things work
- Hand-eye coordination emerging
- Stares at small objects;
- Depth perception emerging



Explores how things work

- *Does not search for toy seen hidden*
- *Does not explore caregiver's face*

10-12 months

- Finds hidden objects
- Understands the use of some objects
- Can watch fast moving objects
- Judges distances well
- Imitates actions

- *Does not explore through trial and error*



Judges distances well



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MY BABY'S MILESTONES

COGNITIVE & VISUAL



18 months

- Joint Attention fully developed
- Points to at least one body part
- Adult level visual acuity
- Recognizes and understands the function of some everyday objects

- *Does not imitate using real props*



Recognizes and understands the function of everyday objects

24 months

- Plays simple make-believe games
- Sorts items by shape, size and colour
- Remembers and talks about things that happened in the past
- Hand-eye coordination well developed
- Depth Perception well developed

- *Does not copy actions & words*
- *Unable to follow simple instructions*



Make-believe games

3 years

- Print awareness
- Solves simple puzzles
- Understands simple concepts
- Reaches full visual capacity
- Rote Counting

- *Unable to work simple toys*
- *Does not sort shapes*
- *Unable to compare sizes of two items*



Print awareness

4 - 5 years

- Names colours and numbers
- Can count objects
- Emergence of Theory of Mind
- Understands consequences
- Remembers and can anticipate events in stories
- Begins to understand concept of time
- Can name what things are made of
- More creative with make believe play
- Copies capital letters and geometric shapes

- *Shows no interest in interactive games/make-believe*
- *Unable to retell a favorite story*
- *Does not understand opposites*
- *Is easily distracted*
- *Unable to tell what is real and what is make-believe*
- *Does not play a variety of games & activities*
- *Unable to write name*



Theory of Mind



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ANNABELLE
PSYCHOLOGY



MY BABY'S MILESTONES



SOCIOEMOTIONAL

0-3 months

- Bonds with parent/caregiver
- Recognizes familiar faces and voices
- Mimics facial movements
- Attachment to primary caregiver
- Dependent on caregiver for emotional regulation
- Emergence of basic self soothing strategies
- Development of social smile

Social smiles



- ▶ *Does not smile back when caregivers smile at child*

4-6 months

- Mimics smiling or frowning
- Continues to rely on caregiver for emotional regulation
- Responds when talked to
- Responds to the emotions of others
- Responds to name
- Identifies strangers
- Makes specific sounds for different emotions
- Recognizes more familiar faces



Plays interactive games

- ▶ *Unable to be soothed by adults when upset*
- ▶ *Does not self-soothe to fall asleep*
- ▶ *Shows no affection for caregivers*
- ▶ *Does not make eye contact*
- ▶ *Shows no affection for caregivers*
- ▶ *No back-and-forth engagements*

7-9 months

- Seeks reassurance from caregivers when developing a new skill, such as walking
- Beginnings of joint attention
- Possible development of separation anxiety with separation from caregiver
- Plays interactive games



Attachment

- ▶ *No attachment or insecure attachment to caregiver*

10-12 months

- Development of fear in certain situations
- Associates certain emotions with different situations
- Has favourite things and people
- Repeats sounds and actions to get attention
- Continues to rely on adults for emotional regulation

- ▶ *Loses skills previously acquired*
- ▶ *Lack of joint attention*



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ANNABELLE PSYCHOLOGY



MY BABY'S MILESTONES



SOCIOEMOTIONAL

18 months

- Uses transitional objects to self-soothe
- Throws tantrums
- Signs of autonomy
- Dislikes sharing
- Afraid of strangers but shows affection to familiar people
- Points to seek or give information
- Imitates peers



Points

24 months

- Development of emotional awareness
 - Regulates emotions by distancing themselves from negative stimuli
 - Uses language to express needs in stressful situations
 - Parallel Play
 - Emergence of turn-taking skills
 - Mimics other children and adults
 - Tests limits and disobeys adults
 - Comforts others when they are sad
- ▶ *Does not comfort others*
- ▶ *Does not use social referencing*

3 years

- Displays and labels a range of emotions but may lack control over emotions or impulses
 - Changes to routine may be upsetting
 - Copies people
 - Separates easily from parents
 - Initiates peer interactions
 - Shares food and toys
 - Shows affection and concern for friends
- ▶ *Does not roleplay*
- ▶ *Does not understand simple rules*
- ▶ *Does not want to play with other children or with toys*



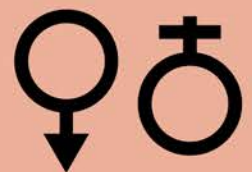
Display empathy and sympathy

4 years

- More elaborate fantasy and role play
 - Enjoys new things
 - Talks about interests
 - Compliant
 - Emergence of empathy
 - Has preferred friend
 - Cooperates
 - Displays empathy and sympathy
 - Prefers to play with other children than alone
- ▶ *Does not offer sympathy or empathy to peers*
- ▶ *Ignores other children or does not respond to people outside the family*

5 years

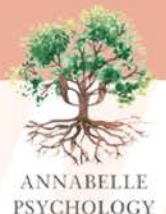
- Gender awareness
 - Differentiates reality from fantasy
 - Independently regulates and talks about emotions
 - Demonstrates impulse control
 - Desire to fit in, likely to agree with social rules
 - Shows more independence
 - Plays away from parent
- ▶ *Does not show a wide range of emotions*
- ▶ *Shows extreme behavior (unusually aggressive or fearful)*
- ▶ *Unusually withdrawn and not active*



Gender awareness



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MY BABY'S MILESTONES



LANGUAGE

0-3 months

- Communication primarily consists of crying
- Receptive to "Baby talk"
- Coos, gurgles, and imitates some sounds

- ▶ *Does not orient to sound*
- ▶ *Does not respond to loud sounds*



4-6 months

- Hears high- and low-pitched sounds
- Cries in different ways to indicate hunger, frustration, and sleepiness
- Laughs (not when tickled)
- Babbles
- Single syllables
- Imitate speech sounds
- Make sounds to reciprocate & express emotions
- Looks toward person talking

- ▶ *Does not make vowel sounds*
- ▶ *Does not laugh or respond to sounds around him*
- ▶ *Does not vocalise to answer*

7-9 months

- Babbling turns into baby jargon, or "nonsense speech."
- Copies sounds & gestures
- Understands "no"

- ▶ *Does not respond to name*
- ▶ *Does not look to familiar named object*
- ▶ *Does not inhibit to 'no'*
- ▶ *Does not vocalise to initiate*

Simple gestures



10-12 months

- Uses simple gestures (e.g. nods, shakes head, request, refusal)
- May say a few more words (Does not have to be real words)
- Imitate words
- Understands 3-50 words
- Names familiar things
- Responds to routine/recurring commands
- May say e.g. "mama" or "papa"

- ▶ *Does not say single words*
- ▶ *Does not turn to name*



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MY BABY'S MILESTONES



LANGUAGE

18 months

- 1 to 2-word speech
 - Follows 1-step instructions
 - Points to pictures
 - Knows/ Labels 15 words
- ▶ *Does not label*
- ▶ *Does not combine request with gesture*
- ▶ *Does not shake head for refusal*



1 to 2-word speech

24 months

- At least 2-word speech
 - Names pictures
 - Knows/ labels 50 words
 - Says age, gender, name
 - Speech somewhat intelligible to strangers
- ▶ *Does not copy actions and words*
- ▶ *Does not follow simple instructions*
- ▶ *Does not talk*
- ▶ *Does not nod, blows kisses, high-five or says "shh"*



Understands rules

3 years

- Speaks in 3 to 4 -word sentences, in 2 to 3 sentences, with sequential narrative
 - Follows 2-step instructions
 - Names most familiar things
 - Says pronouns, and some plurals
 - Understands prepositions
 - Knows adjectives
 - Speech mostly intelligible
 - Understands rules
- ▶ *Drools or has very unclear speech*

4 years

- Follows 3-step instructions
 - Sings songs or poems from memory
 - Tells stories and makes jokes
 - Says first and last name
- ▶ *Does not use "me" and "you" correctly*
- ▶ *Does not form complex sentences*

5 years

- Speaks very clearly
 - Narrates simple stories
 - Uses future tense
 - Says name and address
- ▶ *Does not talk about daily activities or experiences*
- ▶ *Does not form narratives with a plot*
- ▶ *Unintelligible speech*



Narrates simple stories



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