

Developmental Milestones

	Gross Motor	Fine Motor	Language	Social/Adaptive
1 mo	Lifts head when prone	Visually fixes to midline	Vocalizes	Regards faces, social smile at 6 wks
2 mos	Can lift head 45° and extend arms forward when prone	Can follow across midline, grabs clothes	Coos	Social smile
4 mos	Can raise head and chest when prone, no head lag, rolls front to back	Hands together, objects to mouth	Responds to voice, squeals	Regards own hands
6 mos	Sits up unsupported	Reaches for toys, ulnar grasp	Babbles, responds to name, imitates sounds	Stranger anxiety
8 mos	Can stand if held	Transfers across midline	Mama/dada (non-specific)	Waves bye-bye at 8.5 mos
9 mos	Crawls, pulls to a stand	Finger-thumb grasp	Jabbers	Plays patty-cake, separation anxiety
10 mos	Cruises at 11 mos	Pincer grasp	Mama/dada (specific)	Plays peek-a-boo
12 mos	Walks alone or with support	Throws	Few words plus mama/dada	Drinks from a cup
15 mos	Walks well, walks backwards	Scribbles, can make tower of 2-3 cubes	Points, follows simple commands	Hugs parents, uses spoon/fork, removes clothes
18 mos	Runs, walks up stairs, kicks ball	Tower of 3-4 cubes	10 words	Feeds self, helps brush teeth, pts to body parts
2 yrs	Walks up and down stairs, throws a ball overhead, jumps	Initiates pencil stroke, tower of 6 cubes	2-3 word phrases, 25% of speech understandable	Listens to stories, parallel play
2.5 yrs	Walks on toes	Tower of 8 cubes	Knows name, 50% of speech understandable	Dry at night, toilet trained between 2-3 yrs
3 yrs	Goes up stairs with alternating feet, stands on one foot, rides tricycle	Copies a circle and a cross, hand preference	3 word phrases, knows age and gender, 75% of speech understandable	Plays with others, shares toys, partially dresses self
4 yrs	Hops on one foot	Copies a square, uses scissors	Tells a story, asks questions, knows full name, 90% of speech understandable	Interactive play, role play, goes to toilet alone, dresses self completely, brushes teeth on own
5 yrs	Skips, rides a bike with training wheels	Copies a triangle, ties shoes, prints name, draws a person (6 parts)	Names 4 colours, fluent speech, can say alphabet	Plays competitive games with rules