



Is Your Child on Task?

Stages of Development*

Ages 0-5 Years

AGE	Gross Motor (Walking)	Fine Motor (Writing)	Self-Help Skills	Sensory Skills	Receptive Language	Expressive Language	Sounds 3-4 months
3-4 months	Lifts head when held in sitting, lifts head and chest when on stomach.	Visually tracks past midline, brings a toy to mouth.	Reaches for object.	Able to right neck against gravity, turns head to avoid covering over face.	Startles to bell or other loud noise, responds to voice.	Smiles, laughs.	Gurgles, coos.
6 months	Sits alone, rolls from stomach to back.	Grasps a toy and brings it to midline.	Feeds self cracker, works for toy out of reach.	Reaches across midline to grasp object.	Turns head to locate sound.	Squeals, begins to make a variety of sounds.	P, b distinguished from m, n.
9 months	Rolls from back to stomach, crawls.	Holds two blocks and transfers them from hand to hand.	Holds bottle, plays peek-a-boo and pat-a-cake.	Differentiates between finger and wrist movement.	Responds to name and familiar sounds.	Babbles, waves bye-bye.	Imitates sounds.
12 months	Pulls to standing, walks with help.	Builds tower of two blocks, pincer grasp with thumb and index finger.	Chews food, scoops with spoon.	Displays righting reactions in sitting, corrects balance to help prevent falling.	Follows 1-step command, responds to no and bye-bye.	Says mama and dada (non-specific)	Mama, dada, baba.
18 months	Stands from floor without help, walks well, attempts to run.	Scribbles, imitates a line with a crayon, builds a tower of four blocks.	Drinks without help, removes some clothing independently.	Walks carrying a large object, tells difference between hot and cold.	Points to one or more body parts upon request.	Says mama and dada (specific), uses ten to fifty words.	Simplifies words.
2 years	Jumps off a step, walks up and down steps with help.	Turns pages of a book, strings one inch beads.	Puts on some clothing, unwraps small items (candy).	Hand preference begins to emerge.	Follows familiar 2-step commands.	Uses 2-word phrases.	H, n, m, w, b, p
2.5 years	Walks up and down steps alone, kicks a ball a few feet.	Cuts with scissors, copies a circle, turns knob to open a door.	Spears food with a fork, washes and dries hands.	Stops or turns to avoid obstacles when running.	Points to smaller body parts, (toes/fingers) recognizes actions in pictures.	Uses pronouns and "who, what, where" questions.	T, k, g, d
3 years	Rides a tricycle, hops on one foot.	Folds and cuts paper in half.	Gets a drink, avoids street danger.	Catches a large ball with both hands.	Understands prepositions, points to objects by function.	Uses past tense, 3-word sentences, plurals and articles.	80% of speech easily understood.
3.5 years	Throws a ball overhand, stands on one foot.	Copies a cross, screws and unscrews lids.	Feeds self with a fork, dresses without help.	Pumps legs on a swing.	Knows shapes, sizes, colors and own age and sex.	Uses 4-word sentences with good grammar.	F, j, s
4 years	Does a somersault, runs with good speed.	Copies a square, cuts along simple outline.	Cares for self at toilet, washes own face.	Hand dominance established.	Understands comparisons.	Tells age and full name.	Ch, sh, z
4.5 years	Skips, stands on one foot for ten seconds.	Draws a person with four parts.	Brushes own teeth, safe to play around home block.	Rides a bicycle with training wheels.	Knows time and quantity concepts.	Gives verbal response to "why" questions.	V, l
5 years	Kicks a ball into the air, bounces and catches a tennis ball.	Prints full name, copies a triangle, draws a person with eight parts.	Blows own nose, crosses street alone.	Follows 3-step sequence.	Able to sequence events.	Able to use adjectives to describe objects and people.	R, th, str

**Please talk to your doctor if your child is not completing all items at the appropriate age. If your doctor recommends a developmental assessment, please contact Providence Neurodevelopmental Center (PNCC) for further information. PNCC is an outpatient clinic designed for children with special needs.*



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