

***DEVELOPMENTAL MILESTONE FRONT & BACK SHEET (after Capute, Gesell, Cattell)***

**GROSS MOTOR**

- 1 MONTH: Lift nose/chin off table in prone**
  - 2 MONTHS: Lift chest off table in prone**
  - 3 MONTHS: Support weight on forearms in prone**
  - 4 MONTHS: Support weight arms extended in prone; roll prone→supine; head steady supported sitting**
  - 5 MONTHS: roll supine→prone; no head lag with pull to sit; anterior protective response**
  - 6 MONTHS: sit with anterior propping**
  - 7 MONTHS: sit erect; get up on hands and knees in prone; lateral protective response**
  - 8 MONTHS: reciprocal crawl**
  - 9 MONTHS: pull to stand**
  - 10 MONTHS: cruise; walk with both hands held; posterior protective response**
  - 11 MONTHS: walk with one hand held; stand independently; posterior protective response**
  - 12 MONTHS: independent steps**
  - 16 MONTHS: walk up stairs with one hand held**
  - 18 MONTHS: walk down stairs with one hand held**
  - 21 MONTHS: walk up stairs(marking time)holding rail; run well**
  - 24 MONTHS: walk down stairs(marking time)holding rail; jump(both feet off floor); kick ball**
  - 30 MONTHS: alternate feet up stairs; attempt to stand on one foot; pedal tricycle**
  - 36 MONTHS: alternate feet down stairs; broad jump; throws ball overhand**
  - 4 YEARS: hop on one foot**
  - 4 ½ YEARS: balance on one foot (5 seconds)**
  - 5 YEARS: skip alternating feet**
  - 6 YEARS: ride 2-wheeled bicycle w/o training wheels**
  - 7 YEARS: complete forward and backward tandem gait**
- Gross Motor RED FLAGS: persistent primitive reflexes beyond 6 months of age, hyper/hypotonia, hyper/hyporeflexia, dystonia, choreoathetosis**

**VISUAL-PERCEPTUAL/FINE MOTOR/ADAPTIVE (Visual-motor problem solving)**

- 1 MONTH: visually tracks horizontally**
- 2 MONTHS: visually tracks vertically**
- 3 MONTHS: visually tracks in circle; responds to visual threat**
- 4 MONTHS: hands together in midline; unfisted**
- 5 MONTHS: reach in supine**
- 6 MONTHS: reach in supported sitting; transfer**
- 7 MONTHS: attempt pellet (midline rake)**
- 8 MONTHS: secure pellet (midline rake); hold one object in each hand simultaneously; inspect bell**
- 9 MONTHS: three finger scissors grasp; ring bell; look over edge for dropped toy; finger feed; hold own bottle**
- 10 MONTHS: inferior pincer; uncover hidden toy**
- 11 MONTHS: superior pincer**
- 12 MONTHS: intentional release; crayon mark; help with dressing**
- 14 MONTHS: stack 2 cubes; spoon feed**
- 16 MONTHS: scribble in imitation**
- 18 MONTHS: scribble spontaneously; stack 3 cubes**
- 21 MONTHS: unzip; unsnap**
- 24 MONTHS: use fork; 3 cube horizontal train**

**30 MONTHS:** horizontal/vertical stroke; circular motion; 4 block train with a smokestack  
**36 MONTHS:** unbuttons; copies circle; 3 block bridge; draws person w/head plus one other body part  
**3 ½ YEARS:** copies cross  
**4 YEARS:** buttons; copies square; 5 block gate  
**5 YEARS:** ties shoes; identifies right/left; copies isocoles triangle; 6 block staircase  
**5 ½ YEARS:** identifies right and left across the midline  
**6 YEARS:** copies union jack; 10 block staircase      **7 YEARS:** copies diamond  
**7 ½ YEARS:** right/left reverses examiner      **8 YEARS:** copies maltese cross  
**9 YEARS:** copies cylinder      **12 YEARS:** copies solid cube

**VMPS RED FLAGS:** handedness before 1 year of age; fisting after 4 months  
 Mouthing as primary means of exploration after 6 months

### SPEECH(oral motor)/LANGUAGE/(Social)COMMUNICATION

**1 MONTH:** alert to sound  
**2 MONTHS:** social smile  
**3 MONTHS:** coo (vowels)  
**4 MONTHS:** laugh aloud; orient to voice  
**5 MONTHS:** razz; orient to bell laterally  
**6 MONTHS:** babble (consonants); stranger anxiety  
**7 MONTHS:** orients to bell upward indirectly  
**8 MONTHS:** nonspecific “mama”, “dada”  
**9 MONTHS:** orients to bell directly; gestured communication (waves bye-bye, plays pat-a-cake and peek-a-boo); separation anxiety  
**10 MONTHS:** understands “No”; specific “mama”, “dada”  
**11 MONTHS:** one word (other than mama, dada, name of person)  
**12 MONTHS :** follows simple gestured command (“give me”, “come here”, “sit down”); two words  
**14 MONTHS:** immature jargoning; 3 word vocabulary; follow novel gestured command  
**16 MONTHS:** 4 to 6 word vocabulary; follow rote ungestured command  
**18 MONTHS:** 7 to 10 word vocabulary; mature jargoning; emergence of echolalia; follow novel ungestured command; point to body parts  
**21 MONTHS:** 20 word vocabulary; 2 word phrases; verbalizes needs using single words (words replace gestures)  
**24 MONTHS:** 50 word vocabulary; 2 word sentences (noun/verb); 2 step command; parallel play  
**30 MONTHS:** echolalia ceases; “on” and “under”; understands concept of “1”; artic u’stood by parent  
**36 MONTHS:** 250 word vocabulary; 3 word sentences; ask questions; prepositions “behind” and “next to”; answers “what do you do when you’re hungry/tired?”; interactive play; identifies “big/little”; names colors; articulation understood by strangers  
**4 YEARS:** relates experiences using complex syntax; concept of “4”; identifies “long/short”; answers questions “what do you do when you’re cold?”, “what is a window made of”, “why do we have books”  
**4 ½ YEARS:** answers: “why do we have clocks”, “what does mommy cook on”  
**5 YEARS:** identify coins; follow 3 step command; identify larger of two single digit numbers; gives last name, phone number, address, month of birthday; names letters of the alphabet/single digit #'s  
**Language RED FLAGS:** echolalia after 30 months; Oral Motor: cough/nasal congestion p feed