

Basic Development Milestones



the therapy clinic
let us be your sixth sense

Age	Physical	Emotional (EQ)	Intellectual (IQ)	Social	Spiritual
Birth to 3 months	Holds head up, kicks, rolls from side to back, holds a rattle.	Extreme reactions, very attached to mother.	Knows mother, responds to certain colours.	Will start to smile and make cooing noises.	
3 to 6 months	Rolls back to front, grasps, plays with feet, holds sitting position with arms held.	Pushes away things, gets cross if things are taken away, shows rage by stiffening body.	Recognises individuals, focuses on objects any distance, picks up using both hands.	Calls people using sounds, copies simple action, has conversation using sounds.	
6 to 9 months	Rolls over and over, sits.	Frightened of loud noises, enjoys being played with.	Responds to own name, responds to peek-a-boo games, remembers actions.	Babbles repetitive string of syllables, offers things to people, but does not let go, shouts for attention.	
9 to 12 months	Crawls, pulls up to standing position.	Becomes distressed if other people are cross.	Searches for hidden toy, learns to poke and point, waves bye-bye, pincer grip (finger/thumb).	Grabs spoon when being fed, understands few words eg. no, bye.	
1 year to 18 months	Stands, walks, puts things in and out of containers.	May show fear, can get into a rage have tantrums, can be co-operative also very un-cooperative.	No understanding of danger, understands simple instructions, learns 1-3 new words each month, builds 3-block tower, recognises objects in a book.	Takes sock off, picks up trainer cup, chews well, uses about 10 words, takes other people's things, able to bring spoon to mouth.	
18 months to 2 years	Scribbles with crayons, bends down, downstairs on tummy with help, walks backwards, throws ball.	Wants to do things by self, gets cross also loving and affectionate, independent one day dependant the next.	Turns pages, repeats words to make short sentence, points to body parts, matches shapes and identical objects, very simple puzzles.	Chatters to self, plays next to other children not with them.	
2 to 3 years	Potty training begins 20 teeth, climbs confidently, kicks stationary ball, rolls head over heels, learns to peddle tricycle, tries to jump, stands on one leg and balances.	Periods of tantrums, enjoys silly songs and games, gets very frustrated if unable to do things, can become shy and wary of strangers.	Vocab 50 to 300 words, draws and scribbles, interested in doing rather than making, plays simple pretend games, speech 60% understandable, rote counting begins.	Says no and can be defiant, can be disruptive in a group, not ready to share, but takes from others, not very sociable, wants to do things for self.	
3 to 4 years	Kicks moving ball, rides tricycle well, climbs, jumps, can balance on one leg, starts hopping, catches ball with whole body, cuts with scissors, uses tools, draws initial shapes.	Acts on feeling level rather than reasoning level, ready to stay in a group without mother, responds to adult emotions, gets cross with other children.	Vocab 300-1000 words, what and where questions, remembers sequence of actions, attention span 3 min, tripod grip (2 fingers/thumb), learns names colours, no understanding of symbolism.	Tries to dress self, is deliberately naughty, prefers alone play, very active imagination, watches and copies other children, self centered, needs to be taught to take turns and co-operate.	Understands spontaneous prayer, not formal prayer, understands God's love by how parents love them, understands God by way people treat others rather than by what people say about God.
4 to 5 years	Competent at jumping, climbing, running, balancing, standing on one foot, kicking moving ball, sits cross-legged, catches ball away from body, jumps over small object, tries to skip with difficulty, uses smaller tools, starts learning to ride bicycle.	Tests limits and rules, develops sense of humour, exaggerates and shows off, starts to show simple empathy and sympathy, unpredictable moods.	Vocab 1500 words, begins to think in abstract patterns with concepts like time, space, numbers, concentrates 4 min, learns spatial relationships (3 dimensional thinking) – builds more complex constructions.	Uses language to negotiate, manipulate and lead, confident with others, may be boastful and bossy, pretend play elaborate, develops "special friends"	Asks questions about God, Can be taught to talk to God, thinks of God in a personal way, understands willful disobedience is sin.
5 to 6 years	May begin to lose baby teeth, walks backward along a line, starts using bat, club, racket to hit a ball, more skills with hands and fingers in preparation for writing, learns to swim well.	Learns to postpone and wait for satisfaction, starts to compare achievements with that of others, may have a particular friend, issue of acceptance is very important at this stage.	Extensive vocab – 2000 words, attention span 5 min, learns and repeats telephone numbers, draws sausage people, writes own name, follows 3-part instruction.	May tattle-tale to get attention, shows rivalry, more structure to games, starts needing privacy, learns to share and take turns, may exaggerate, assumes responsibility happily and effectively.	Understands God made them, articulates God's love by doing kind things to others, can discern between right and wrong, trusts people, likes action songs.
6 to 7 years	May pick up childhood diseases; enjoys more boisterous games, skillful with ball games, mostly independent of adults in routine body needs.	Wants "very own" toys, expresses feelings with physical action eg. hitting, breaking, craves attention, self centered, confident and capable.	Enjoys colour and pattern work, enjoys dramatisation and rhythms, attention 6/7 min, understands memory, enjoys number work and stories.	Becomes bossy, wants to please teacher, verbal jokes, plays happily alone, wants to win and always be first, plays with best friend and gangs up against others.	May fear mysterious, supernatural or occult, senses God's love by personal experience, baffled by the fact they can't see God.