








### Annex 3: Normal Developmental Milestones in Children

AGE	GROSS MOTOR	FINE MOTOR	WARNING SIGNS
 3 Months	<b>Supine:</b> <ul style="list-style-type: none"> <li>Pull to sit:</li> <li>45° head lag still present</li> </ul> <b>Sitting: Propped up</b> <ul style="list-style-type: none"> <li>Flexed/C-position</li> <li>Hold head steady</li> </ul> <b>Prone:</b> <ul style="list-style-type: none"> <li>Bears weight on flexed arms</li> <li>Lifts head 45° &amp; turn head to side</li> </ul>	<b>Eyes:</b> <ul style="list-style-type: none"> <li>Follows through 90° in lying</li> </ul> <b>Hands:</b> <ul style="list-style-type: none"> <li>Open for longer</li> <li>Shake a rattle when it is placed in the hand (not intentional)</li> <li>Mouthing begins</li> </ul>	<ul style="list-style-type: none"> <li>No visual fixation or following asymmetry of tone or movement.</li> <li>Floppy/stiff</li> <li>Consistent fisting</li> <li>Unable to turn or lift head</li> <li>Failure to smile</li> <li>Poor sucking &amp; swallowing</li> </ul>
 6 Months	<b>Supine:</b> <ul style="list-style-type: none"> <li>Pull to sit, no more head lag</li> <li>Plays with feet</li> <li>Rolls from back to tummy</li> </ul> <b>Sitting:</b> <ul style="list-style-type: none"> <li>Unaided supported by arms</li> </ul> <b>Standing:</b> <ul style="list-style-type: none"> <li>Bears weight on legs, equal both sides</li> </ul> <b>Prone:</b> <ul style="list-style-type: none"> <li>Props self on straight arms, legs extended, toes turned outwards</li> </ul>	<b>Eyes:</b> <ul style="list-style-type: none"> <li>Follows through 180° in lying</li> <li>Focus on small objects</li> </ul> <b>Hands:</b> <ul style="list-style-type: none"> <li>Hands to midline</li> <li>Banging blocks against the table</li> <li>Reaches and attains object at will</li> <li>Holds and actively plays with rattle</li> </ul>	<ul style="list-style-type: none"> <li>Floppiness</li> <li>No head control</li> <li>Failure to use both hands</li> <li>Asymmetrical movements</li> <li>Squint</li> <li>Failure to turn to sound</li> <li>Poor response to people</li> </ul>
 9 Months	<b>Sitting:</b> <ul style="list-style-type: none"> <li>Sits without support</li> <li>Lean forward</li> <li>and sit up again without losing balance</li> </ul> <b>Standing:</b> <ul style="list-style-type: none"> <li>Remain standing for a few seconds by holding onto an object, falls down again</li> </ul> <b>Prone:</b> <ul style="list-style-type: none"> <li>Baby start to crawl</li> </ul>	<b>Eyes:</b> <ul style="list-style-type: none"> <li>Extremely accurate vision</li> </ul> <b>Hands:</b> <ul style="list-style-type: none"> <li>Can pick up a button</li> <li>Holds a block in each hand</li> <li>Points</li> </ul>	<ul style="list-style-type: none"> <li>Unable to sit</li> <li>Failure to use both hands</li> <li>Fisting</li> <li>Squint</li> <li>Persistence of primitive reflexes</li> </ul>
 12 Months	<b>Sitting:</b> <ul style="list-style-type: none"> <li>Turns around to reach nearby toys</li> <li>Sits down unaided from standing</li> </ul> <b>Standing: (Walking)</b> <ul style="list-style-type: none"> <li>Walks forward if held by one hand</li> <li>Walks around furniture sideways-cruising</li> </ul> <b>Prone: (Crawling)</b> <ul style="list-style-type: none"> <li>Crawls</li> <li>Pull up to standing by holding onto object</li> </ul>	<b>Eyes:</b> <ul style="list-style-type: none"> <li>Looks for toys when out of sight</li> </ul> <b>Hands:</b> <ul style="list-style-type: none"> <li>Able to pick up a button with thumb and index finger (Pincer grasp)</li> <li>Release on request</li> <li>Hold with 1 hand and play with the other</li> <li>Throw things into a container and take it out again</li> </ul>	<ul style="list-style-type: none"> <li>Unable to bear weight on legs</li> <li>Not yet crawling and pulling to stand</li> <li>Abnormal grasp</li> <li>Failure to respond to sound</li> <li>Unable to start with solids independently</li> </ul>
 15 Months	<b>Sitting:</b> <ul style="list-style-type: none"> <li>Stand up from sitting</li> <li>Will climb on a chair and sit down</li> </ul> <b>Standing: (Walking)</b> <ul style="list-style-type: none"> <li>Bend over to pick up an object</li> <li>Squat and stand up again</li> <li>Walks alone, broad base with arms in the air</li> </ul> <b>Prone: (Crawling)</b> <ul style="list-style-type: none"> <li>Able to crawl fast and manage obstacles e.g. stairs</li> </ul>	<ul style="list-style-type: none"> <li>Hold crayon in a fist when scribbling</li> <li>Turn pages of a book roughly</li> <li>Hold 2 small toys in 1 hand</li> <li>Put lid back on container</li> </ul>	<ul style="list-style-type: none"> <li>Unable to bear weight on legs</li> <li>Not yet walking</li> <li>Abnormal grasp</li> <li>Abnormal posture: floppy/spastic</li> <li>Failure to respond to sound</li> <li>Not yet talking</li> </ul>
 18 Months	<ul style="list-style-type: none"> <li>Walk with more confidence</li> <li>Walk, squat and pick up something, stand up and walk again</li> <li>Start running, often falls.</li> <li>Take few steps backwards</li> <li>Runs and change direction easily</li> <li>Jump off step with 2 feet together</li> <li>Stand and kick a ball</li> <li>Able to throw a ball</li> </ul>	<ul style="list-style-type: none"> <li>Build a 3 cube tower</li> <li>Scribbles</li> <li>Hold the crayon in a fist</li> <li>Turn pages of a book</li> <li>Page through a book page by page</li> <li>Obvious hand preference</li> <li>Uses lines: L _ _ _ O</li> <li>Complete 3 piece puzzle</li> <li>Remove a sweet wrapper with little help</li> </ul>	<ul style="list-style-type: none"> <li>Failure to walk</li> <li>Unable to pick up small objects e.g. buttons</li> <li>Abnormal posture</li> <li>Not yet talking</li> <li>Unable to understand simple commands</li> <li>Poor co-ordination</li> </ul>
 36 Months	<ul style="list-style-type: none"> <li>Walk forward and backward</li> <li>Walks on tip toes</li> <li>Walk on straight line</li> <li>Jump 2 feet together</li> <li>Able to climb on chair</li> <li>Catch a big ball (hugging against chest)</li> <li>Hold ball above head and throws</li> <li>Run and kick a ball</li> </ul>	<ul style="list-style-type: none"> <li>Copies the following shapes: _ , L , O , T</li> <li>Start colouring in , go over the lines</li> <li>Pencil grip:</li> <li>Holding crayon to draw (still developing)</li> <li>Builds a 9 block tower</li> <li>Thread big beads on a shoelace</li> <li>Draw-a-man: at least 4 parts</li> </ul>	<ul style="list-style-type: none"> <li>Using only single words</li> <li>Ataxia</li> </ul>