

Fine motor developmental milestones:

Pellet grasp

- Inferior pincer (9 months)
- Fine pincer pellet (12 months)

Cube grasp

- Primitive squeeze grasp (4 months)
- Palmar grasp (5 months)
- Radial palmar (6 months)
- Radial digital (8 months)

Release

- Involuntary (1-4 months)
- Voluntary (7-9 months)

Pencil/utensil grasp

- Palmar supinate/gross (1-1.5 years)
- Digital pronated (2-3 years)
- Static tripod (3.5-4 years)
- Dynamic tripod (4.5-6 years)
- Established hand dominance (6 years)

Manipulation/translation/rotation

- Finger to palm translation (12-15 months)
- Palm to finger translation (2-2.5 years)
- Simple rotation-unscrewing bottle cap (2-2.5 years)
- Shift (3 years)
- Complex rotation-rotating object in hand 360 degrees (6-7 years)
- In hand manipulation with stabilization (6-7 years)

Scissor skills

- Holds and snips (2-3 years)
- Straight line forward (3-4 years)
- Simple geometric shapes: square, rectangle, triangle (3-4 years)
- Cuts circle (3.5-4.5 years)
- Simple figure shapes (4-6 years)
- Complex figure shapes (6-7 years)

Drawing skills

- Scribble, vertical, horizontal line (2 years)
- Circle, cross (3 years)
- Square, triangle (4 years)
- Diamond (5 years)
- Face (4-5 years)

Writing skills

- Print first name (5 years)
- Copy capital letters (5 years)
- Independently writes capital and lowercase letters

- Writes simple words (6 years)
- Sentences with appropriate punctuation and casing (7 years)

Self-care developmental milestones:

Eating

- Scoops food with spoon and brings to mouth (15-18 months)
- Stab at food with fork (2 years)
- Spread food with a knife (5 years)
- Cuts soft foods with fork and knife (5 years)

Dressing

- Socks and shoes off (18 months)
- Gets undressed with help for fasteners and sequencing (2.5 years)
- Unbuttons large buttons (2.5 years)
- Dons shirt, shoes, open coat (3 years)
- Buttons series of buttons, snaps, hooks (3.5 years)
- Dons socks and shoes (4 years)
- Zips jacket zipper (4 years)
- Dresses unsupervised (5 years)
- Ties bows (6 years)

Toileting

- Indicates discomfort when wet/soiled (1 year)
- Tells someone needs to go (2.5 years)
- Independent with toileting: wiping, washing hands, making clothes (4-5 years)

Play and social interaction developmental milestones:

Sensorimotor play

(0-1 year)

- exploring toys with mouth and body
- exploring and manipulating toys with hands
- shake, bang, push, pull toys
- light up/noise/movement cause effect toys
- peek-a-boo
- clapping
- gesturing handing toys to others
- dropping/tossing items
- dumping/filling containers
- imitating simple actions

Social

- o smiles
- o eye contact
- o responds differently to various facial expressions

Solitary play

(1-2 years)

- recognizing and identifying self in the mirror
- looking for hidden objects
- imitating pretend play actions (drink from pretend cup, put dolls to sleep or feed dolls with a spoon, holding a phone up to their ear)

Social

- o verbalizing "hi, bye, please"
- o waves
- o points and verbally labels items/people to draw attention

Parallel play

(2-3 years)

- interacting with dolls or stuffed animals as if they are alive
- playing alongside other children
- beginnings of simple symbolic play (stick as a sword, hand as a cup)
- partaking in familiar play schemes (going to the store, doctor visit, playing "house")
- simple construction play (blocks)

Social

- o Verbalizing wants/needs "I want_"
- o Acknowledges others talking to them with "hmm, yeah, ok"
- o Requests permission

(3-4 years)

- Mechanical toy play (dump trucks, jointed dolls)
- Taking turns with other children in simple back and forth play
- Participates well in group play with 2 other children
- Partaking in pretend play themes that are not necessarily familiar (fireman rescuing people)

Social

- o Verbalizing feelings "I feel_"
- o Asks "wh" questions
- o Comments on activity
- o Communicates ideas
- o Simple story telling and inferencing

Associative play

(4-5 years)

- Uses shared materials to play (building their own structures from the same bucket of legos)
- Sharing toys but may sometimes fight over or grab at particular items they want

Social

- o Describes sequence of events
- o Discusses emotions and feelings more regularly
- o Verbally invites others to play

(Cooperative play)

5-6 Years

- Work with others toward a shared goal (building a tower together)
- Games with simple rules (hide and seek, tag)
- Shared group pretend play (all playing house with mom, dad, baby)
- Engaging in pretend play schemes they have never experienced (going to space)
- Negotiating during play with others (changing rules/goal/plan)
- Making up a new game with unique rules with a small group
- Playing cooperative sports or board games fairly although losing the game causes frustration

Social

- o Praises/complements others
- o Uses threats and makes promises
- o Asks questions to learn or clarify
- o Announces topic shifts

(7-10 years)

- Participating in hobbies/sports/clubs
- Interest in long range projects
- Demonstrate sportsmanship when winning and losing
- Evaluate their skills and performance
- Competitiveness develops
- Social thinking skills develop (flexible thinking)
- Think logically
- Negotiate and compromise effectively with others