

Pediatric Developmental Milestones

Age in months	Speech and Language	Occupational therapy	Physical therapy
3-6	-displays startle response to sound -quiets when picked up -smiles reflexively	-Lying on back, extends straight arm toward toy and engages fingers in mutual touching -Picks up rattle -Grasps string, pulls it and obtains a toy	-Rolls from back to left and right sides with opposite arm crossing the midline -Raises head at midline and holds it in alignment when suspended vertically -Lifts one foot then the other in a walking movement
6-9	-Vocal play observed -Looks toward family members when named	-Bangs cup on table -Picks up 2 cubes and retains both	-Elevates head and upper trunk 45 degrees bearing weight on forearms to see a toy -Maintains balance while sitting
9-12 (1 yr)	-Comprehends "no" -Uses a wide variety of sound combinations -produces double syllables	-Claps hands, -Removes both socks -Pinches -Finger-feed self	-Uses arms to move forward -Sits unsupported -Breaks fall by extending one or both arms and supporting self with open palm when tilted forward
12-18	-understands up to 10 words -uses first true word -uses all consonant and vowel sounds in vocal play	-Makes 1 scribble more than one inch long on paper -Picks up 2 cubes with 1 hand and holds them	-Creeps up 2 steps -Walks 10 feet with narrow base of support, heel-toe gait for 5 steps -In kneeling position, maintains balance while rotating head -Throws 3-inch ball in any direction by extending arm at shoulder or elbow
18-24 (2 yrs)	-begins to put 2 words together -produces 10 or more words -follows 1-step commands -strangers can understand speech ~50% of the time	-Stacks 2-3 cubes -Grasps marker with thumb and 1 st finger toward paper and remaining fingers around the marker	-Walks 10 feet quickly and backward 5 feet -Lifts foot and contacts a ball -Maintaining balance, throws 3-inch ball by extending arm
24-36	-combines 3-5 words in subject-verb-object format -asks <i>what</i> and yes/no questions	-Stacks 4-6 blocks -Draws a vertical line	-Runs forward 10 feet -Jumps forward 4 inches without falling -Kicks a ball forward 3 feet
36 (3 yrs)	-comprehends up to 4200 words -uses 900 words expressively -asks <i>how</i> , <i>why</i> , and <i>when</i> questions -strangers can understand speech ~75% of the time	-Stacks 8-10 blocks -Draws a circle	-Using 2-footed takeoff and landing, jumps forward 24 inches -Placing 1 foot on each step, walks up 4 steps without support -With hands on hips, stands on 1 foot for 3 seconds -Catches 8 inch ball with arms extended
48 (4 yrs)	-average 5-6 words per sentence in complex sentences -can name items in a category -can give full name -strangers can understand speech ~100% of the time	-Cuts paper into 2 pieces -Draws a cross -Traces a horizontal line -Buttons and unbuttons 1 button	-Without letting other foot touch, jumps forward 6 inches on 1 foot
54 (4.5 yrs)	-average 6-8 words per sentence -understands humor/surprise	-Draws a square -Touches each finger to thumb	-Gallops 10 feet -Using 2 footed take off/landing, jumps forward 36 inches

All normative data taken from Shipley & McAfee, 2002 / Folio & Fewell, 2000 / Morris & Klein 2000 / Roseberry-McKibbin & Hedge 2006



Feeding Milestones

1-3 months:	<p>Fed only liquids from breast or bottle</p> <p>Takes 2-6 ounces per feeding with 6+ feeding per day</p> <p>Swallows with a suck-swallow pattern sequencing two or more sucks before pausing to breath</p> <p>Rarely drools because of minimal saliva production</p>
3 months:	<p>Positioned 45 to 90 degrees</p> <p>Takes 7 to 8 ounces of liquid, 4-6 feedings per day</p> <p>Sequencing 20 or more sucks with no discernable pauses when hungry.</p> <p>Occasional coughing or choking indicates poor coordination of sucking, swallowing, and breathing</p>
4-6 months	<p>Usually cereals and pureed foods are introduced. Usually the cup is introduced for liquids</p> <p>Takes 9-10 ounces of food or liquid per feeding at 4-6 feedings per day (5 months)</p> <p>Uses a primitive phasic bite-and-release pattern on soft cookie</p> <p>Continues to use suckling or sucking patterns</p>
6 months	<p>Is fed pureed and thin liquids</p> <p>Uses a sucking/suckling pattern with bottle or breast with no loss of liquid except for initiation and termination of the suck</p> <p>Uses a suckling or sucking pattern for cup drinking with spillage</p> <p>Swallows some thicker pureed foods and tiny, soft, slightly noticeable lumps, food is not pushed out by tongue but minor loss of food occurs</p> <p>When taking liquid from the cup, may have continuous sucks with uncoordinated swallowing</p> <p>Jaw movement us up-down movement is variable and tongue moves up and down in a munching pattern</p> <p>Upper and lower lip draw slightly inward when food is left on it</p> <p>Rarely drool in supine, prone, or sitting. May drool in these positions if babbling, using hands reaching, pointing, or manipulating objects, when teething or immediately following feeding</p>
7 months	<p>Is fed sitting, with seat back at 90 degrees, external support is required</p> <p>Takes 11 or more ounces of food and liquid per feeding at four to six feedings per day</p> <p>Tongue begins to show more lateralization</p>
8 months	<p>Is given liquids, pureed foods, ground/junior foods, and mashed table foods</p> <p>Upper lip assists in food removal from spoon</p>
9 months	<p>Continues to be positioned at a 90 degree angle, no support needed</p> <p>No longer drools when attempting newly acquired gross-motor skills</p> <p>Holds a soft cookie between the gums/teeth without biting all the way through and uses lateral tongue movements with ease</p> <p>Lips are active with the jaw and make contact as the jaw moves up and down, upper and lower lip draw food in</p>
12 months	<p>Is given liquids and coarsely chopped table foods, including easily chewed meats</p> <p>May continue with bottle or breast at bedtime but takes primarily from open cup, tongue may protrude slightly beneath the cup for additional stability and may lose some liquid during sucking</p> <p>Swallows semi-solids and ground/mashed solids with intermittently elevated tongue-tip</p> <p>When drinking from a cup, sequences at least 3 suck/swallows when thirsty</p> <p>Uses a controlled, sustained bite on soft cookie</p> <p>Can transfer food from the center of the tongue to both sides of the mouth; Lips are active during chewing</p>

If you are unsure about your child's speech, language, feeding, fine and/or gross motor skills, please call us to schedule a 15-minute, free screening.

