

Age	Gross motor	Fine motor	Self-Help/ Activities of Daily Living	Play/Social Interaction
0-6 Months	0-3 Months <ul style="list-style-type: none"> • Holds head up momentarily when supported • Lifts head to 45° while lying on belly • Maintains head in midline while lying on back 	0-3 Months <ul style="list-style-type: none"> • Reaches for or bats at object above • Grasps and shakes small objects 	Clothing: <ul style="list-style-type: none"> • Cries when being dressed or having diaper changed Hygiene: <ul style="list-style-type: none"> • Dependent for hygiene, may cry during bathing Feeding: <ul style="list-style-type: none"> • Feeding every 2-3 hours is common • Eyes open when feeding • Brings hands to mouth when holding an object. • Visually recognizes bottle and food • Holds onto bottle with one or both hands 	<ul style="list-style-type: none"> • Focused on attachment and bonding • Repeats actions for pleasurable experiences • Coos, then squeals • Smiles, laughs out loud • Expresses discomfort by crying • Communicates simple emotions through facial expressions
	3-6 Months <ul style="list-style-type: none"> • Lifts head to 90° while lying on belly • Rolls from belly to back • Rolls from place to place • Sits upright briefly with arm support 	3-6 Months <ul style="list-style-type: none"> • Develops accurate reach to object • Uses variety of palmar grasping patterns • Secures object with hand a brings to mouth • Transfers object hand to hand • Plays with hands at midline 		
6-12 Months	<ul style="list-style-type: none"> • Lifts head while lying on back • Independently gets into sit and sits independently • Pivots in sitting position • Stands holding onto for support • Walks with hand held • Rolls from back to belly • Crawls (initially on belly, then on all fours) • Creeping 	<ul style="list-style-type: none"> • Releases object freely • Mouths toys • Uses accurate and direct reach for toys • Bangs objects together to make sounds • Waves toys in the air • Rolls ball to adult • Hold or carry large ball with two hands • Grasps small object in fingertips 	Clothing: <ul style="list-style-type: none"> • Cooperates with dressing by extending arm, leg Hygiene: <ul style="list-style-type: none"> • Dependent for hygiene, tolerates and may start to enjoy bathing Feeding: <ul style="list-style-type: none"> • Takes cereal or pureed baby food from spoon • Attempts to hold bottle but may not retrieve it if it falls; needs to be monitored for safety reasons • Holds and tries to eat cracker but sucks on it more than bites it; consumes soft foods that dissolve in the mouth; grabs a spoon but bangs it or sucks on either end • Starts to finger-feed self a portion soft table foods 	<ul style="list-style-type: none"> • Begins to use toys according to functional purpose • Responds to own name • Responds with appropriate gestures • Imitates simple gestures • Shows social dependence on mother • Plays contently when parents are in the room • Interacts briefly with other infants • Plays give and take

<p>12-18 Months</p>	<ul style="list-style-type: none"> • Walking • Sits in small chair • Plays in stand • Squats • Picks up toys from floor • Pulls toys when walking • Begins to run • Walks upstairs with one hand held • Pushes and pulls large toys or boxes on floor 	<ul style="list-style-type: none"> • Stacks 2-6 1-inch blocks • Copy appropriate forms • Holds crayon and makes marks; scribbles • Releases small toys inside containers • Attempts puzzles • Opens and shuts toy boxes or containers • Points to object with index finger • Uses two hands in play, one to hold or stabilize and one to manipulate 	<p>Clothing:</p> <ul style="list-style-type: none"> • Cooperates with dressing (holds out arms and feet) • Pulls off shoes, removes socks • Pushes arms through sleeves and legs through pants <p>Hygiene:</p> <ul style="list-style-type: none"> • Imitates parents when brushing teeth <p>Feeding:</p> <ul style="list-style-type: none"> • Finger-feeds self a portion of meals consisting of soft table foods • Dips spoon in food, brings spoonful of food to mouth, but spills food by inverting spoon before it goes into mouth • Holds and drinks from cup without spills 	<ul style="list-style-type: none"> • Explores all spaces in room • Begins peer interaction • Parallel play • Engages in simple pretend play (pretend eating, sleeping) • Demonstrates imitative play from an immediate model • Responds to facial expressions of others • Shares toys with parent • Moves away from parent
<p>18-24 Months</p>	<ul style="list-style-type: none"> • Runs, squats, climbs on furniture • Climbs on jungle gym and slides • Kicks ball forward • Throw ball at large target • Jumps with both feet (in place) 	<ul style="list-style-type: none"> • Completes 4-5 piece puzzle • Builds tower with blocks • Strings beads • Begins to use simple tools • Turns pages of book 	<p>Clothing:</p> <ul style="list-style-type: none"> • Removes unfastened cots • Removes shoes if laces are untied • Helps pull pants down • Finds armholes in pullover shirt <p>Hygiene:</p> <ul style="list-style-type: none"> • Brushes teeth with help <p>Feeding:</p> <ul style="list-style-type: none"> • Scoops food with spoon and brings it to mouth • Holds cup in one hand to drink • Full diet, limited meat 	<ul style="list-style-type: none"> • Makes inanimate objects perform actions (dolls dancing) • Pretends objects are real • Watches other children • Begins to take turns • Expressions affection • Enjoys solitary play, such as coloring, building • Laughs when someone does something silly

<p>2-3 years</p>	<ul style="list-style-type: none"> • Walks up and down steps independently (without holding on) • Walks backwards 10 feet • With hands on hips, walks on tip-toes for 5 steps forward • Catches ball with arms extended • Brings arm back to throw overhand and underhand 7 feet forward • Initiates kicking a ball by extending leg back with bent knee • Balances on one foot for 3 seconds with hands on hips • Jumps down one step with 2-footed take-off and landing • Crosses midline spontaneously (both right and left sides) • Jumps from step or small height • Begins to hop on one foot 	<ul style="list-style-type: none"> • Removes screw-on lid from bottle • Stacks 8-10 cubes • Snips paper in one place with scissors (one hand holding scissors, other hand holding paper) • Imitates or copies horizontal line and circle using writing utensil (crayon, marker, chalk) • Bends paper, producing crease • Rolls, pounds, squeezes clay or play doh • Imitates simple block designs: 4-block train, 3-block bridge, 4-block wall • Strings 2-4 beads (size: approximately ½ - 1") • Gives thumbs-up sign: closes fist and extends/wiggles thumb • Begins to demonstrate hand dominance, uses one hand consistently in most activities 	<p>Clothing:</p> <ul style="list-style-type: none"> • Removes loose clothing: socks, jacket, shorts, shoes, and pants • Puts on: socks, coat, shirt • Unbuttons large buttons <p>Hygiene:</p> <ul style="list-style-type: none"> • Sits on toilet at least 1 minute supervised • Daytime control of toileting needs with occasional accidents • Begins to wash hands • Wipes with assistance <p>Feeding:</p> <ul style="list-style-type: none"> • Independently eats entire meal with spoon • Uses fork independently (piercing food and bringing up to mouth) • Feeds self with little to no spillage • Chews and swallows foods with a combination of textures • Can pour liquids from small containers 	<ul style="list-style-type: none"> • Parallel social play is predominate • Participates in drawing and puzzles and imitates adults using toys • Uses object for multiple pretend ideas • Plays out drama with stuffed animal or imaginary friends • Cooperative play, takes turns at times • Shows interest in peers, enjoys having companions • Plays in small groups
<p>3-5 years</p>	<ul style="list-style-type: none"> • Jumps, climbs, runs • Begins to hop and skip • Rides tricycle • Stands briefly on one foot • Alternates feet while walking upstairs • Jumps from step with two feet 	<ul style="list-style-type: none"> • Stabilize paper during coloring or writing • Hold paper during scissor use • Uses scissors to cut simple shapes • Uses precision (tripod) grasp on pencil or crayon • Colors within lines • Rotate pencil to use eraser 	<p>Clothing:</p> <ul style="list-style-type: none"> • Puts on shoes without fasteners • Independently pulls down pants • Manages zippers and fasteners <p>Hygiene:</p> <ul style="list-style-type: none"> • Begins brushing teeth and wiping nose • Combs/brushes hair • Wipes self • Fewer accidents <p>Feeding:</p> <ul style="list-style-type: none"> • Uses fork to stab food • Fixes dry cereal and snacks for self 	<ul style="list-style-type: none"> • Complex imaginary play (creates script for play in which pretend objects have actions that reflect roles in real or imaginary life) • Works puzzles and blocks • Enjoys physical play • Participates in circle time, games, drawing and art time at preschool • Engages in singing and dancing in groups • Associative play (plays with

				<p>other children, sharing and talking about play goal</p> <ul style="list-style-type: none">• Uses imaginary objects in play• Categorizes and sorts objects• Prefers play with other children• Follow turn taking and is aware of social aspects of conversation
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Sources: PDMS-2, DAYC, Morris-Klein, Therapy Skill Builders, Case-Smith