

### 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, manage 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*

- smiles
- eye contact
- 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*

- verbalizing “hi, bye, please”
- waves
- 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*

- Verbalizing wants/needs “I want\_”
- Acknowledges others talking to them with “hmm, yeah, ok”
- 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*

- Verbalizing feelings “I feel\_”
- Asks “wh” questions

- Comments on activity
- Communicates ideas
- 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*

- Describes sequence of events
- Discusses emotions and feelings more regularly
- 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*

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