

DEVELOPMENTAL DISABILITIES

Table 1. Developmental Milestones from Birth to 5 Years

Age (mo)	Adaptive/Fine Motor	Language	Gross Motor	Personal–Social
1	Grasp reflex (hands fisted)	Facial response to sounds	Lifts head in prone position	Stares at face
2	Follows object with eyes past midline	Coos (vowel sounds)	Lifts head in prone position to 45 degrees	Smiles in response to others
4	Hands open Brings objects to mouth	Laughs and squeals Turns toward voice	Sits: head steady Rolls to supine	Smiles spontaneously
6	Palmar grasp of objects	Babbles (consonant sounds)	Sits independently Stands, hands held	Reaches for toys Recognizes strangers
9	Pincer grasp	Says "mama," "dada" nonspecifically, comprehends "no"	Pulls to stand	Feeds self Waves bye-bye
12	Helps turn pages of book	2–4 words Follows command with gesture	Stands independently Walks, one hand held	Points to indicate wants
15	Scribbles	4–6 words Follows command no gesture	Walks independently	Drinks from cup Imitates activities
18	Turns pages of book	10–20 words Points to 4 body parts	Walks up steps	Feeds self with spoon
24	Solves single-piece puzzles	Combines 2–3 words Uses "I" and "you"	Jumps Kicks ball	Removes coat Verbalizes wants
30	Imitates horizontal and vertical lines	Names all body parts	Rides tricycle using pedals	Pulls up pants Washes, dries hands
36	Copies circle Draws person with 3 parts	Gives full name, age, and sex Names 2 colors	Throws ball overhand Walks up stairs (alternating feet)	Toilet-trained Puts on shirt, knows front from back
42	Copies cross	Understands "cold," "tired," "hungry"	Stands on 1 foot for 2–3 s	Engages in associative play
48	Counts 4 objects Identifies some numbers and letters	Understands prepositions (under, on, behind, in front of) Asks "how" and "why"	Hops on 1 foot	Dresses with little assistance Shoes on correct feet
54	Copies square Draws person with 6 parts	Understands opposites	Broad-jumps 24 inches	Bosses and criticizes Shows off
60	Prints first name Counts 10 objects	Asks meaning of words	Skips (alternating feet)	Ties shoes