

Childhood developmental milestones

Kirby, A. (2012) 'Childhood developmental milestones'. Newport: Discovery Centre, University of Wales.

<u>Age Years</u>	<u>Language & Reading Development</u>	<u>Physical & Motor Development</u>	<u>Social & Emotional Development</u>	<u>Cognitive Development</u>	<u>Red flags</u>
4	<ul style="list-style-type: none"> • Uses correct grammar most of the time. • Can recognise rhymes • Can sit and listen to a story for 5 minutes • Infantile substitutions in speech • Understands number/space concepts- e.g. on/over/under 	<p><u>Gross motor</u></p> <ul style="list-style-type: none"> • Dressing self unaided (except tying shoelaces) • Uses whole body to kick ball forcibly • Catches large ball between extended arms • Jumps vertically with both feet leaving the floor • Goes down stairs one foot per step <p><u>Fine motor</u></p> <ul style="list-style-type: none"> • Can copy and draw a cross, horizontal and vertical line 	<ul style="list-style-type: none"> • Can play with other children and taking turns • Observing others in play 	<ul style="list-style-type: none"> • Asks lots of questions • Gives first and last name • Can repeat three digits correctly – three times e.g. six-eight-nine • Counts up to 20 • Can watch a TV programme or DVD for 10 minutes 	<ul style="list-style-type: none"> ➤ No pointing ➤ Little or no speech ➤ Hard for others to understand speech ➤ Difficulty running/climbing ➤ Dribbling ➤ Difficulty with nursery rhymes

		<ul style="list-style-type: none"> • Can button and unbutton own clothing • Can thread beads • Can cut paper with scissors 			
5	<ul style="list-style-type: none"> • Engages appropriately in conversations • Use “would” or “could” appropriately • Able to identify and name all uppercase and lowercase letters • Use sentences containing at least 7 or 8 words • Use past tense more consistently • Describes objects. • Speech fluent with few infantile substitutions 	<u>Gross motor</u> <ul style="list-style-type: none"> • Riding a bicycle with training wheels • Can walk along a narrow line heel to toe • Climbs play equipment • Able to jump to a height of about 30cm • Can go up and down stairs alternating feet • Show improvements in running and jumping • Can catch a 	<ul style="list-style-type: none"> • Choosing friends and co-operating in play • Prefer playing in small groups • Protect younger children • Show respect for other people’s property • Play well without the need for constant adult supervision • Understand the nature of giving and receiving • Can turn take • Separates from mother easily. • Gives appropriate eye contact- e.g. 	<ul style="list-style-type: none"> • Uses imagination to create stories • Can match colours • Can listen to a story for ten minutes • Can name the 7 days in a week • Has a vocabulary of over 2000 words. • Can recognise numerals at least 1-5 • When asked is able to say their own name and address. 	<ul style="list-style-type: none"> ➤ Deterioration in motor function e.g. walking, running ➤ Not turn taking, playing with other children ➤ Not counting up to 10 ➤ Not able to do rhyming songs ➤ Limited vocabulary ➤ Can’t sit still compared with other children of similar age. ➤ Aggressive behaviour

		<p>large ball with their hands</p> <ul style="list-style-type: none">• Can attend to toilet needs without much help <p><u>Fine motor</u></p> <ul style="list-style-type: none">• Cutting across a page with scissors• Copies their own name• Colour within the lines• Can hold a pen or pencil in tripod or equivalent grip• Can cut and stick• Can copy basic 2D shapes (e.g. square, triangle, diamond)• Can use a knife	<p>when being spoken to</p> <ul style="list-style-type: none">• Sitting at the table for ten minutes		
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		<p>to spread jam/butter etc</p> <ul style="list-style-type: none"> • Brushes teeth(but may need reminding) 			
6	<ul style="list-style-type: none"> • Talks fluently • Can understand more complex grammatical rules • Can read and write to some degree • Can learn how to do things through the use of language • Can use language to work through scenarios and problems 	<p><u>Gross motor</u></p> <ul style="list-style-type: none"> • Able to control speed when running and avoid collision • Can jump down several steps • Can kick a football up to 6m away • Can throw a ball with accuracy • Able to stand and balance on one foot for at least 3 seconds. • Walk heel-to-toe in a straight line • Dress and undress without help • Brushes own hair well • Ride a bike 	<ul style="list-style-type: none"> • Expresses awareness of others feelings • Enjoys imaginative play with other children • Can be selfish or overly competitive • May still have tantrum behaviours • Get upset when criticised by others 	<ul style="list-style-type: none"> • Are inquisitive • Have the ability to see other's perspectives • More emphasis on quantity rather than quality of work • Enjoy starting tasks but these are not always completed • Can distinguish reality from something that is made up • Can give reasons • Can follow directions • Can do addition and subtraction of single digits 	<ul style="list-style-type: none"> ➤ Can't copy shapes ➤ Spelling errors for one syllable words ➤ Difficulty turn taking ➤ Speech not fluent

		<p>without stabilisers</p> <ul style="list-style-type: none"> • Catch and bounce a small ball 4-6 times • <p><u>Fine motor</u></p> <ul style="list-style-type: none"> • Tying shoelaces • Using a knife and fork correctly • Drawing a diamond • Can draw a person • cuts out shapes well using scissors • Can open and close a zip • Writes their first and last name 			
7	<ul style="list-style-type: none"> • Can describe points of similarity between two objects • Should understand 	<p><u>Gross motor</u></p> <ul style="list-style-type: none"> • Is able to ride a bicycle without training wheels • Can walk along a thin line • Can do a 	<ul style="list-style-type: none"> • Can wait their turn during an activity • Desires to be perfect and is self-critical • Starts to look for independence 	<ul style="list-style-type: none"> • Is able to understand the rules of a game • Has a reasonable attention span (20 minutes) • Uses serious logical thinking - can be 	<ul style="list-style-type: none"> ➤ Not reading aloud to others with fluency. ➤ Not able to do syllable breakdown ➤ Obsessional behaviour ➤ Limited interaction with other children

	<p>opposite analogies easily (e.g. black-white, big-small, beginning-end)</p> <ul style="list-style-type: none"> • Should be able to read aloud to some extent • Able to use an increasing number of words and understand more concepts 	<p>somersault or forward roll</p> <ul style="list-style-type: none"> • Is able to catch skilfully using one hand • Is able to throw skilfully using one hand • Able to plan movements • Has an awareness of direction and distance • Shows improvements in hand-eye coordination <p><u>Fine motor</u></p> <ul style="list-style-type: none"> • Is able to cut using a knife • Is able to draw a diagonal line 	<ul style="list-style-type: none"> • Moods can fluctuate • Have more of an awareness of their own emotions. • Worries about not being liked by others • Tends to complain more often • Shows strong emotional reactions • Worries more - may have low self-confidence • Is a better loser and is less likely to place blame 	<p>thoughtful and reflective</p> <ul style="list-style-type: none"> • Can tell the time (including quarter of an hour) with ease • Knows the days, months and seasons. • Able to solve more complex problems • Is able to understand the difference between right and wrong • Can understand at least 3 separate instructions within a command • Can remember which hand is left and which is right • Knows of and can explain the uses of a number of objects • Has a short term memory repetition of at least 3 numbers 	<p>➤ Difficulty with motor tasks- gross or fine motor- not catching/ throwing accurately/ not copying shapes accurately</p>
8	<ul style="list-style-type: none"> • Can converse at an almost adult level • Can read with confidence and 	<p><u>Gross motor</u></p> <ul style="list-style-type: none"> • Can bathe themselves • Can pour a drink without spilling 	<ul style="list-style-type: none"> • Emotions change quickly • Impatient - finds waiting for special events torturous 	<ul style="list-style-type: none"> • Can sit and concentrate for 15-20 minutes • Seeks to understand the reasons for things • Begins to feel 	<p>➤ Difficulties using scissor /rulers</p>

	<p>fluency</p> <ul style="list-style-type: none"> • Reading may be a major interest • Can use complex sentences with ease • Has established all sounds used in speech • Have control over aspects of reading aloud such as rate, pitch and volume • Can follow more complex commands 	<ul style="list-style-type: none"> • Need to be physically active every day (approx. 30 mins) <p><u>Fine motor</u></p> <ul style="list-style-type: none"> • Use a ruler 	<ul style="list-style-type: none"> • Makes friends easily; develops close friends of same sex • Favours group play, clubs and team sports - wants to feel part of a group • More influenced by peer pressure • Has a strong need for love and understanding - especially from mother • Can be helpful, cheerful and pleasant as well as rude, bossy, and selfish • May be quite sensitive and overly dramatic • Can be obsessed with and motivated by money • Can keep secrets • Can articulate their feelings • Usually enjoy school – don't enjoy being 	<p>competent in skills and have preferences for some activities and subjects</p> <ul style="list-style-type: none"> • Thinking is organised and logical • Begins to recognise concept of reversibility ($4 + 2 = 6$ and $6 - 2 = 4$) • Can do some simple division and multiplication 	
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			<p>absent from school</p> <ul style="list-style-type: none"> • Is possessive of their belongings 		
9	<ul style="list-style-type: none"> • likes to talk and share ideas 	<p><u>Gross motor</u></p> <ul style="list-style-type: none"> • Can help make a snack or drink for him or herself <p><u>Fine motor</u></p> <ul style="list-style-type: none"> • Can use a computer keyboard 	<ul style="list-style-type: none"> • Has a best friend • May experience wide mood swings • May be critical of self and others • often dislikes the opposite sex intensely • Puts great importance on fairness - for self and others • Responsible - can be depended upon and trusted 	<ul style="list-style-type: none"> • Writes stories • May use physical complaints to avoid unpleasant tasks 	<ul style="list-style-type: none"> ➤ Finds writing difficult
10	<ul style="list-style-type: none"> • Reads to learn (rather than learning to read) 	<p><u>Gross motor</u></p> <ul style="list-style-type: none"> • Interested in own strength - boys enjoy wrestling • Has both skill and stamina for gross motor activities such as biking, skating, and 	<ul style="list-style-type: none"> • Still certain that own beliefs are correct and are universally shared. • Disposition is generally happy, sometimes silly • Respectful and affectionate toward both parents • Fears which were 	<ul style="list-style-type: none"> • Can buy something in a shop and handle money • Has a strong desire to complete tasks may persist with an activity until exhausted • Memorises and recites facts - but may not show deep understanding • Keeps train of thought 	<ul style="list-style-type: none"> ➤ Writing not fluent, and easy for others to read ➤ Frequent spelling errors ➤ Difficulty remaining in seat in class ➤ Aggression to others in unstructured settings ➤ Few friends

		<p>team sports</p> <p><u>Fine motor</u></p> <ul style="list-style-type: none"> • Can use a can opener • Capable of fine hand and finger movements • Draws with great detail • Uses tools, such as a hammer or small garden tools, fairly well 	<p>previously bothersome are now minimal</p> <ul style="list-style-type: none"> • May anger quickly but expression of anger • differs according to the situation • Friendships are quite important - friends are of the same sex • Enjoys socialising in clubs and group activities 	<p>and will continue work even after interruptions</p> <ul style="list-style-type: none"> • Able to use a dictionary • Critical thinking starting to emerge • Developing a conscience but not yet consistently able to tell right from wrong • Aware of time but needs help to plan time in a practical way • Can do percentages 	
11	Good keyboard skills on computer	<ul style="list-style-type: none"> • Can make a snack 	<ul style="list-style-type: none"> • Self care- wash brush teeth • Help lay and clear the table • Starts to realise that others may hold beliefs different from own • Displays anger physically-fights, slams doors, kicks • Away from home, behaviour is well mannered and quite helpful • Friendships are still 	<ul style="list-style-type: none"> • Can write a story competently beginning to be aware of right and wrong (versus good and bad) • Can sits at the table for 30 minutes • Can work independently doing homework • Able to use logic in arguments and apply logic to specific, concrete situations • Combines oral, visual, and written material in 	

			<p>important but with more quarrels than before</p> <ul style="list-style-type: none">• May have one “best friend”	<p>school reports</p> <ul style="list-style-type: none">• Shows improvements in ability to make decisions-• Can do simple word maths problems• Can understand concept of fractions- whole/half/quarter• Can start to combine two shapes to make a new shape	
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