

Normal Development for Newborn Children Through Age Five and Warning Signs for Developmental Delays

Newborn to 1 Month		
	Normal Development	Warning Signs
Gross Motor	Physiological Flexion Random kicking/arm movement Head lag with pull to sit Reflex-standing and walking Tummy-turns head to clear airway	Eyes turned to either side and unable to move to midline Unusually floppy Stiffness: pushes legs straight, head back Asymmetries: Moves only 1 side of body, keeps head turned to one side Excessive irritability
Fine Motor	Regards objects in direct line of vision Hands predominantly fistted Follows moving objects to midline	“Superman” babies (total extension on tummy) Very weak suck

2 to 3 Months		
	Normal Development	Warning Signs
Gross Motor	<u>Tummy</u> : Lifts head 45°, 60°, 90° <u>Back</u> : Legs kick reciprocally <u>Supported Sitting</u> : Head upright, but bobbing Needs full support to sit <u>Standing</u> : Poor weight bearing, hips flexed Startles to loud noise in any unsupported position	Full head lag pull to sit Poor feeding skills Asymmetries: Head is always turned to same side, always uses/moves one hand Unable to lift head upright in support sitting or held at shoulder Feels like a rag doll
Fine Motor	Hands open more Visually follows 180° Reflexive grasp Watches own hands Smiles and vocalizes	

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4 to 5 Months		
	Normal Development	Warning Signs
Gross Motor	<p><u>Tummy</u>: Increased extended arms, head 90° Pivots on stomach to reach toys</p> <p><u>Back</u>: Rolls to side-lying Plays with feet to hands</p> <p><u>Sitting</u>: May sit alone for brief periods (seconds) Head is steady and turns 180°</p> <p><u>Standing</u>: Bears weight through legs. May collapse after 5-7 seconds</p>	<p>Dislikes stomach, unable to tolerate more than a few seconds</p> <p>Persistent stiffness</p> <p>Puts no weight through legs</p> <p>Tremors: shakiness during movements, usually seen in hands and arms</p>
Fine Motor	<p>Reaches for an object, grasp and releases</p> <p>Uses ulnar-palmar grasp</p>	

6 to 9 Months		
	Normal Development	Warning Signs
Gross Motor	<p><u>Changes Positions</u>: Rolls stomach to back and back to stomach Gets up from sitting to crawling and back Pulls self up to furniture</p> <p><u>Mobility</u>: May use a combination of rolling, belly, crawling Predominantly crawls Cruises along furniture</p> <p><u>Play Positions</u>: Floor sitting with hands free to play with toys Stands at furniture, may rest chest on furniture for balance</p>	<p>Persistent stiffness</p> <p>No rolling</p> <p>Lacks a variety of movement</p> <p>Throws self out of sitting</p> <p>Head lag of any degree</p> <p>"Bunny hop" in crawling</p> <p>Unable to separate legs to stand up at couch</p> <p>Chooses "w" sit only</p> <p>Seems to have trouble using one side or gets arm/leg "caught" when crawling/moving</p> <p>Few or no strategies to self-calm</p>
Fine Motor	<p>Transfers objects from hand to hand</p> <p>Bangs objects on table</p> <p>Babble, says da-da, ba-ba</p> <p>Reaches out for people</p> <p>Begins waving bye-bye</p> <p>Drinks from cup with assistance</p>	

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10 to 15 Months		
	Normal Development	Warning Signs
Gross Motor	<p><u>Mobility:</u> Crawls initially Progresses to walking</p> <p><u>Changes positions:</u> Gets up to stand from the floor without support Climbs on furniture</p>	<p>Has not gained independent mobility</p> <p>Unable to move out of placed position</p>
Fine Motor	<p>Puts objects in containers</p> <p>Fine pincer grasp</p> <p>Assists in dressing</p> <p>Turns over small container to obtain object</p> <p>Scribbles with crayon</p> <p>Points to things wanted</p>	

16 to 24 Months		
	Normal Development	Warning Signs
Gross Motor	<p>Throws ball</p> <p><u>Play Position:</u> Squats to play</p> <p><u>Mobility:</u> Independent walking with relatively good balance Quickens pace to "run" Propels "ride on" toy</p>	<p>Excessively "flat" feet or other abnormal foot positions</p> <p>Excessive falling, not judging changes in floor heights</p>
Fine Motor	<p>Takes off clothes</p> <p>Points to 2 or 3 body parts</p> <p>Many intelligible words</p>	

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2-Years-Old		
	Normal Development	Warning Signs
Gross Motor	<ul style="list-style-type: none"> Beginning to ride tricycle, may not use pedals Walks backwards Kicks a stationary ball Jumps 2 footed off of floor Walks up/down stairs with rail Catches large ball 	<ul style="list-style-type: none"> Clumsiness, moves very quickly Significant lack of motor skills in one area or general delay in most areas Unable to plan his/her moves Body alignment (especially feet) interfere with walking/running Unable to propel a 4-wheeled toy forward
Fine Motor	<ul style="list-style-type: none"> Turns knob Opens and closes jar Buttons large buttons Uses child size scissors with help, snips small pieces of paper 9-12 piece puzzle Folds paper or clothes Turns single page of book 	

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3-Years-Old		
	Normal Development	Warning Signs
Gross Motor	<p>Beginning to ride tricycle, using pedals</p> <p>Runs with arms moving back and forth across body at or below waist, trunk leaning forward, and on balls of feet</p> <p>Walks on tiptoes</p> <p>Balances on 1 foot for 3 seconds</p> <p>Walks up/down stairs with rail, progressing to alternating feet</p> <p>Catches large ball, may secure to chest</p> <p>Kicks a stationary ball forward at least 6 feet</p> <p>Jumps forward a couple of feet using a two-footed takeoff and landing</p> <p>Throws a small ball forward 10 feet, starting to use opposing arm and leg movement and trunk rotation</p>	<p>Significant lack of motor skills in one area or general delay in most areas</p> <p>Difficulty sitting upright in chair to attend to/participate in classroom activities</p> <p>Clumsiness: tripping, falling down, running into objects/people</p> <p>Unable to plan motor movements</p> <p>Uses two hands on rail when waking up and down stairs</p> <p>Difficulty taking off and landing on both feet with jumping</p>
Fine Motor	<p>Opens and closes jar</p> <p>Folds paper or clothes</p> <p>Completes 15 piece puzzle</p> <p>Puts 10 pellets in bottles</p> <p>Cuts paper into two pieces</p> <p>Cuts within ½ inch of entire length of line</p> <p>Strings 3-4 large beads</p> <p>Builds a tower of 10-12 small blocks</p> <p>Replicates a 3 block bridge</p> <p>Replicates a 4 block wall</p> <p>Draws a circle</p> <p>Copies a horizontal and vertical line</p> <p>Can feed self with little or no spilling</p> <p>Buttons/Unbuttons large buttons</p> <p>Dresses and undresses self fully, but clothes may be on backwards</p> <p>Pours from a pitcher into a cup if not too heavy</p>	<p>Difficulty crossing midline with large motor movements</p> <p>Poor motor control</p> <p>Not using 2 hands together such as being able to hold an object while stirring</p> <p>Has trouble building a design with blocks from a model</p> <p>Difficult to arouse, motivate, engage, low affect</p> <p>Moves quickly, always on the go</p> <p>Unwilling to participate in messy activities</p> <p>Hypersensitive to noises</p>
Sensory Motor	<p>Sits and attends for 3 minutes for a passive activity, should be able to sit longer when more actively engaged in an activity</p>	

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4-Years-Old		
	Normal Development	Warning Signs
Gross Motor	<ul style="list-style-type: none"> Balance on 1 foot for 5 seconds Stands up on tiptoes for 8 seconds without moving feet Hops 3-5 times on one foot Jumps forward 3 feet using a two-footed takeoff and landing Jumps over 10" rope using a two-footed takeoff and landing Gallops Throws a tennis ball to a 2-foot square target from 12 feet away Catches a tennis ball when gently tossed to hands 	<ul style="list-style-type: none"> Unable to pedal a tricycle Fisted grasp
Fine Motor	<ul style="list-style-type: none"> Controls crayons more effectively, attends to the lines that make up the picture Copies a circle, cross and square Draws a person with at least 6 body parts Cuts out basic shapes staying within ½ inch of the line May demonstrate a hand preference Replicates a pyramid and stair steps out of blocks Opens zip lock bags, containers and lunch boxes Uses the non-dominant hand to assist and stabilize objects Dresses independently including large buttons, socks and shoes Folds paper in half lengthwise with edges parallel Colors between vertical lines 	
Sensory Motor	<ul style="list-style-type: none"> Sits and attends for 4 minutes for a passive activity, should be able to sit longer when more actively engaged in an activity 	

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5-Years-Old		
	Normal Development	Warning Signs
Gross Motor	Balance on 1 foot for 10 seconds Skips Hops 20 feet in 6 seconds on 1 foot Kicks a stationary ball so that it travels a few feet in the air	Afraid to move to higher surfaces (i.e. climb) or move with speed No hand dominance evident
Fine Motor	Hand preference becomes more evident Coordinates hands to brush teeth or hair Copies 9 block model Holds a pencil with a tripod grasp (3pt grasp) Copies from a model letters and numbers Colors an entire picture Writes name Traces on a line with control Copies simple pictures using geometric shapes Folds paper in half twice with edges parallel	
Sensory Motor	Sits and attends for 5 minutes for a passive activity, should be able to sit longer when more actively engaged in an activity	

Sources:

<https://childdevelopment.com.au/resources/child-development-charts/fine-motor-developmental-checklist/>

<http://www.sensory-processing-disorder.com/fine-motor-development-chart.html>

Peabody Developmental Motor Scales- 2nd Ed., (PDMS-2)