

CORE DEVELOPMENTAL MILESTONES OF CHILDREN

	PHYSICAL	SELF-HELP	LANGUAGE	INTELLECTUAL	SOCIO-EMOTIONAL
5 years	 Throws ball overhead with direction	 Bathes unassisted	 Recounts recent experiences in order of occurrence using past tense	 Matches upper and lower case letters	 Uses cultural gestures or greeting without prompts (e.g. mano, bless, kiss)
4 years	 Draws a human figure or house	 Uses toilet with occasional accidents	 Asks “what”, “who” and “why” questions	 Arranges objects according to size from smallest to biggest	 Plays organized group games fairly
3 years	 Runs without tripping	 Pulls down gartered shorts	 Speaks grammatically correct 2-3 word sentence	 Matches objects and pictures	 Imitates adult activities (e.g. cooking, washing)
24 months	 Holds crayon with palmar grasp ; scribbles spontaneously	 Drinks from cup with spillage	 Names objects in pictures	 Exhibits simple pretend play (e.g., feed, put doll to sleep)	 Rolls ball interactively with caregiver
18 months	 Walks alone, rarely falls	 Feeds self-using spoon with spillage	 Combines single words and gestures to make wants known (e.g., « out »)	 Searches for completely concealed object	 Friendly with strangers but initially shows anxiety or shyness
12 months	 Stands with minimum support	 Feeds self with fingers (biscuits, bread)	 Uses meaningful sounds to refer to specific objects or persons (e.g., « mama », « dada »)	 Looks at direction of fallen object	 Cries when caregiver leaves
8 months	 Sits alone steadily	 Begins to take solid foods	 Turns head when called by name, makes eye contact	 Explores objects by biting or holding	 Enjoys friendly handling
4 months	 Holds head steadily	 Sucks and swallows liquid	 Turns head toward sound	 Gazes slowly at moving objects	 Smiles and lifts arms to greet caregiver