

## Healthy Development Chart: Birth – 5 Years

Age	Cognitive	Speech/ Language	Fine Motor	Gross Motor	Social/ Emotional	Self-Help/ Adaptive
<b>6 months</b>	<ul style="list-style-type: none"> <li>• Finds partially hidden object</li> <li>• Explores with hands and mouth</li> <li>• Works to get objects out of reach</li> <li>• Explores and experiments with objects by looking, swatting, mouthing</li> <li>• Begins imitating actions and movements (e.g., facial expressions, hand clapping)</li> </ul>	<ul style="list-style-type: none"> <li>• Responds to own name by looking, turning head</li> <li>• Begins to respond to “no”</li> <li>• Distinguishes tone of voice</li> <li>• Responds to sounds by making sounds</li> <li>• Uses voice to express joy/displeasure</li> <li>• Babbles chains of consonants</li> </ul>	<ul style="list-style-type: none"> <li>• Reaches with one hand, grasps object, but may have difficulty releasing</li> <li>• Transfers object from one hand to other</li> <li>• Uses raking grasp (curls 4 fingers around it, not using thumb)</li> </ul>	<ul style="list-style-type: none"> <li>• Rolls over front to back and back to front</li> <li>• Sits with support, then independently</li> </ul>	<ul style="list-style-type: none"> <li>• Enjoys social play</li> <li>• Interested in mirror images</li> <li>• Responds to expressions of emotion by others</li> <li>• Easily distressed and effectively soothed</li> <li>• Expresses range of emotions</li> <li>• Smiles and laughs</li> </ul>	<ul style="list-style-type: none"> <li>• Signals wants and needs (by crying, cooing, etc.)</li> <li>• Shows interest in repeating pleasurable activities</li> <li>• Initiates and enjoys interactions with others (early peek-a-boo, rough and tumble play)</li> </ul>
<b>12 months</b>	<ul style="list-style-type: none"> <li>• Experiments with objects in increasingly complex ways (e.g., shaking, banging, throwing, dropping)</li> <li>• Finds hidden objects easily</li> <li>• Looks for object or person who is</li> </ul>	<ul style="list-style-type: none"> <li>• Pays attention to speech</li> <li>• Responds to simple verbal requests (e.g., “Up?”)</li> <li>• Responds to “no”</li> <li>• Uses simple gesturing (e.g., shakes head for “no”)</li> <li>• Says “dada”,</li> </ul>	<ul style="list-style-type: none"> <li>• Bangs 2 cubes together</li> <li>• Puts objects into containers</li> <li>• Takes objects out of container</li> <li>• Lets objects go voluntarily</li> <li>• Pokes with index finger</li> <li>• Tries to imitate scribbling</li> </ul>	<ul style="list-style-type: none"> <li>• Crawls forward on belly</li> <li>• Assumes seated position unaided</li> <li>• Gets up on all fours</li> <li>• Creeps on hands and knees</li> <li>• Transitions into several positions: sitting, all fours, prone (on</li> </ul>	<ul style="list-style-type: none"> <li>• Shy or anxious with strangers; cries when parent leaves</li> <li>• Enjoys imitating people in play</li> <li>• Prefers certain people and toys (e.g., may have favorite toy or “security” item)</li> <li>• Tests parental</li> </ul>	<ul style="list-style-type: none"> <li>• Prefers caregivers over others</li> <li>• Repeats sounds and gestures</li> <li>• Extends arm or leg when being dressed</li> <li>• Between 6-12 months, begins solid foods</li> <li>• Begins weaning to cup</li> </ul>

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<b>12 months</b>	<ul style="list-style-type: none"> <li>mentioned</li> <li>Imitates gestures (waves bye)</li> <li>Likes books and pictures</li> <li>Uses objects by function (puts cup to mouth, brushes hair, puts phone to ear)</li> </ul>	<ul style="list-style-type: none"> <li>“mama”, and “uh-oh”</li> <li>Tries imitating words</li> </ul>	<ul style="list-style-type: none"> <li>Uses pincer grasp (between thumb and index finger pad) to pick up small items</li> </ul>	<ul style="list-style-type: none"> <li>stomach)</li> <li>Pulls self to stand</li> <li>Walks holding on to furniture (cruises)</li> <li>Stands momentarily without support</li> <li>2 to 3 steps without support</li> </ul>	<ul style="list-style-type: none"> <li>responds to behavior</li> <li>Fearful of novelty, loud noises</li> </ul>	<ul style="list-style-type: none"> <li>Finger-feeds self</li> </ul>
<b>18 months</b>	<ul style="list-style-type: none"> <li>Begins to play make-believe (e.g., feeds dolls, talks on toy phone)</li> <li>Seeks hidden objects</li> <li>Plays hide and seek</li> <li>Sorts by shape, color, or theme/function</li> </ul>	<ul style="list-style-type: none"> <li>Says 8-20 understandable words, including own name</li> <li>Looks at person talking</li> <li>Uses exclamations (e.g., “uh-oh!”, “all gone!”)</li> <li>Combines words in new ways (e.g., “push more”)</li> <li>Uses greetings (i.e., “hi”, “bye”) regularly with prompting and spontaneously</li> <li>Asks for things by</li> </ul>	<ul style="list-style-type: none"> <li>Pushes, pulls and dumps objects into containers</li> <li>Turns pages of book</li> <li>Likes to poke, twist, squeeze</li> <li>Holds crayons and scribbles with little control</li> </ul>	<ul style="list-style-type: none"> <li>Sits, crawls, walks, runs</li> <li>Less clumsy but still wide-based gait</li> <li>Rolls, kicks ball</li> </ul>	<ul style="list-style-type: none"> <li>Less frightened of strangers</li> <li>May resist separation from trusted caregivers, but adjusts quickly</li> <li>May have “security object” (e.g., blanket or toy) that soothes</li> <li>May enjoy having an audience, being applauded or instead, might be shy</li> <li>Interested in activities of</li> </ul>	<ul style="list-style-type: none"> <li>Pulls off hat, socks, mittens, coat</li> <li>Tries to dress/undress self</li> <li>Finger-feeds self without assistance</li> <li>Likes to hold spoon, but not always accurate</li> </ul>

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<b>18 months</b>		combining words and gestures (i.e., pointing) <ul style="list-style-type: none"> <li>• Imitates new words, sounds</li> <li>• Follows simple (1-step) instructions without need for gesture (e.g., "Give me keys.")</li> </ul>			other children <ul style="list-style-type: none"> <li>• May have temper tantrums</li> <li>• Curious about own body</li> </ul>	
<b>2 Years</b>	<ul style="list-style-type: none"> <li>• Finds hidden objects</li> <li>• Begins sorting by shape/color</li> <li>• Begins pretend play</li> <li>• Groups objects by function</li> <li>• Imitates</li> <li>• Begins to think before acting</li> <li>• Completes simple puzzles</li> </ul>	<ul style="list-style-type: none"> <li>• Points to objects or pictures named</li> <li>• Recognizes names of body parts, familiar people</li> <li>• Vocabulary = 100 words</li> <li>• Speaks in phrases/sentences of 2-5 words</li> <li>• Combines words to express self</li> <li>• Follows simple instructions</li> <li>• Repeats words overheard</li> <li>• Uses intonation</li> </ul>	<ul style="list-style-type: none"> <li>• Turns over containers to pour out contents</li> <li>• Builds tower of 4 blocks or more</li> <li>• Might use one hand more frequently</li> <li>• Completes form board, inset puzzles</li> <li>• Scribbles spontaneously</li> </ul>	<ul style="list-style-type: none"> <li>• Walks smoothly, turning corners</li> <li>• Begins running</li> <li>• Stands on tiptoe</li> <li>• Kicks ball</li> <li>• Pulls/carries toys while walking</li> <li>• Climbs onto/down from furniture unassisted</li> <li>• Walks up/down stairs with support</li> </ul>	<ul style="list-style-type: none"> <li>• Imitates behavior of adults, older children</li> <li>• Aware of self as separate from others</li> <li>• Enjoys other children's company</li> <li>• Affectionate</li> <li>• Enjoys rough and tumble play</li> <li>• Basic turn-taking</li> <li>• Shows defiance ("no")</li> <li>• Episodes of separation anxiety</li> </ul>	<ul style="list-style-type: none"> <li>• Regular bowel habits</li> <li>• Indicates need to go</li> <li>• Sits on potty, but often still wears diaper/pull-up</li> <li>• Feeds self with fingers, spoon, baby fork</li> <li>• Attempts to dress self</li> <li>• Soothes self with comfort item or place</li> </ul>

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		for meaning				
<b>3 Years</b>	<ul style="list-style-type: none"> <li>Disassembles/assembles toys</li> <li>Plays make-believe</li> <li>Sorts objects by shape/color; like objects</li> <li>Completes 3-4 piece puzzles</li> <li>Understands "two"</li> </ul>	<ul style="list-style-type: none"> <li>Follows 2-3 part command</li> <li>Vocabulary = 300+ words</li> <li>Uses progressive "-ing", past "-ed", and future "will"</li> <li>Understands spatial relationships (on, in, under)</li> <li>Uses pronouns (I, me, you, them)</li> <li>Stranger can understand most of what child is saying</li> </ul>	<ul style="list-style-type: none"> <li>Makes vertical, horizontal, circular strokes with crayon/pencil</li> <li>Turns pages of book one at a time</li> <li>Builds tower of 6+ blocks</li> <li>Holds pencil in writing position (begins mature tripod grasp)</li> <li>Screws/unscrews jar lids, nuts, bolts</li> <li>Turns rotating handles</li> <li>Begins manipulating simple fasteners (e.g., large buttons)</li> </ul>	<ul style="list-style-type: none"> <li>Imitates standing on 1 foot</li> <li>Imitates simple bilateral movements of limbs (e.g., arms up together)</li> <li>Climbs jungle gym and ladders</li> <li>Pedals on tricycle</li> <li>Walks up/down stairs alternating feet</li> </ul>	<ul style="list-style-type: none"> <li>Imitates adults/play-mates</li> <li>Shows affection for familiar people</li> <li>Takes turns in games</li> <li>Understands mine, yours, theirs, his/hers</li> <li>Wide range of emotions</li> <li>Separates easily from parents</li> <li>Objects to major changes in routine</li> </ul>	<ul style="list-style-type: none"> <li>Toilet trained or close (occasional accidents)</li> <li>Sleeps through night</li> <li>Puts on shoes (without laces)</li> <li>Dresses self with adult help for closures</li> <li>Feeds self with some spilling</li> <li>Brushes teeth, washes hands, gets water from sink</li> <li>Interested in food prep, other chores</li> </ul>
<b>4 Years</b>	<ul style="list-style-type: none"> <li>Correctly names colors, counts, knows some letters and numbers</li> </ul>	<ul style="list-style-type: none"> <li>Understands some/all and same/different</li> <li>Mastery of basic grammar</li> </ul>	<ul style="list-style-type: none"> <li>Copies squares and other shapes</li> <li>Draws a person with 2-4 body parts (i.e., stick</li> </ul>	<ul style="list-style-type: none"> <li>Hops and stands on one foot up to 5 seconds</li> <li>Goes up and down stairs</li> </ul>	<ul style="list-style-type: none"> <li>Interested in new activities</li> <li>Cooperates with other children</li> <li>Role plays in</li> </ul>	<ul style="list-style-type: none"> <li>Interested in helping with household chores and family activities</li> </ul>

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<b>4 Years</b>	<ul style="list-style-type: none"> <li>• Says first and last name</li> <li>• Develops clearer sense of time and schedule for day</li> <li>• Can sequence multi-step task</li> <li>• Follow 3-part commands</li> <li>• Understands same/different</li> <li>• Engages in fantasy play with roles (e.g., playing house)</li> </ul>	<p>expression of subject + verb +object (e.g., “I want bubbles”)</p> <ul style="list-style-type: none"> <li>• Speaks in sentences of 5-6 words</li> <li>• Speaks clearly enough for strangers to understand</li> <li>• Tells simple stories</li> </ul>	<p>figure)</p> <ul style="list-style-type: none"> <li>• Cuts with scissors</li> <li>• Begins to copy capital letters</li> <li>• Begins zipping up clothing</li> </ul>	<p>without support</p> <ul style="list-style-type: none"> <li>• Kicks ball forward</li> <li>• Throws ball overhand</li> <li>• Catches bounced ball</li> </ul>	<p>fantasy play</p> <ul style="list-style-type: none"> <li>• More independent and may resist help</li> <li>• Views self as whole person with body, mind and feelings</li> <li>• Plays simple board and card games with rules and turn taking</li> </ul>	<ul style="list-style-type: none"> <li>• Dresses and undresses</li> <li>• Growing independence in self-care tasks such as bathing</li> <li>• Developing friendships with certain peers</li> <li>• Independent toileting for day and night; may have nighttime accidents</li> </ul>
<b>5 Years</b>	<ul style="list-style-type: none"> <li>• Learning to read and spell basic words</li> <li>• Counts to ten</li> <li>• Places 4 pictures in sequence</li> <li>• Sorts and classifies items by category</li> <li>• Starts task without reminders</li> <li>• Can attend to task for 10</li> </ul>	<ul style="list-style-type: none"> <li>• Makes facial expression to match language</li> <li>• Recognizes varying tones of voice</li> <li>• Describes past and future events</li> <li>• Can name object’s parts and gives function of object</li> <li>• Sings along to songs</li> </ul>	<ul style="list-style-type: none"> <li>• Imitates drawing diamond</li> <li>• Draws a face with eyes, nose and mouth</li> <li>• Beginning to print own first name with model to copy</li> <li>• Puts together more complex interlocking puzzles (10+ pieces)</li> </ul>	<ul style="list-style-type: none"> <li>• Navigates stairs while holding object</li> <li>• Skips forward after demonstration</li> <li>• Hangs from bar0 using overhand grip for at least 5 seconds</li> </ul>	<ul style="list-style-type: none"> <li>• Can tolerate enough frustration to recover and complete task</li> <li>• Plans, initiates and executes activities of interest</li> <li>• Plays group games and follows rules (both tabletop and outdoor</li> </ul>	<ul style="list-style-type: none"> <li>• Begins tying shoes following demonstration</li> <li>• Begins selecting appropriate clothing for outdoors</li> <li>• Begins cutting with knife</li> </ul>



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5 Years	minutes without supervision <ul style="list-style-type: none"> <li>• Recognizes own printed name</li> <li>• Beginning to recognize upper and lower case letters</li> <li>• Imitates series of actions</li> <li>• Recognizes numbers 1-5</li> <li>• Counts to 10-20</li> <li>• Beginning to write numbers 1-5</li> <li>• Names days of week in sequence</li> <li>• Begins to tell time</li> </ul>		<ul style="list-style-type: none"> <li>• Draws picture with at least 3 objects</li> <li>• Begins cutting more complex shapes</li> </ul>		games) <ul style="list-style-type: none"> <li>• Listens to helpful advice or criticism to change approach or behavior</li> <li>• Expresses feelings in controlled manner</li> <li>• Apologizes when reminded</li> <li>• Bargains with other children</li> <li>• Remains quiet when others are talking</li> </ul>	

*Adapted from:* Breitner, W., & Farrell, A. (2006.) *Healthy Development: Health and Wellness for Families*. Westchester Institute for Human Development.