

Be Well

.....| Essential Medical Organizer |.....



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FOR CHILDREN BIRTH TO 18+
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Danielle Rose, M.D.
Anne McIntosh, Ph.D

PATHWAYS AWARENESS FOUNDATION DEVELOPMENTAL MILESTONES

TYPICAL SPEECH DEVELOPMENT*	TYPICAL PLAY DEVELOPMENT*	TYPICAL PHYSICAL DEVELOPMENT*
<p>BY 3 MONTHS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sucks and swallows well during feeding <input type="checkbox"/> Quiets or smiles in response to sound or voice <input type="checkbox"/> Coos or vocalizes besides crying <input type="checkbox"/> Turns head toward direction of sound 	<p>BY 3 MONTHS</p> <p><i>While lying on back...</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Visually tracks a moving toy from side to side <input type="checkbox"/> Attempts to reach for a rattle held above their chest <input type="checkbox"/> Keeps head in the middle to watch faces or toys 	<p>BY 3 MONTHS</p> <p><i>While lying on tummy...</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Pushes up on arms <input type="checkbox"/> Lifts and holds head up
<p>BY 6 MONTHS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Begins to use consonant sounds in babbling, e.g., “dada” <input type="checkbox"/> Uses babbling to get attention <input type="checkbox"/> Begins to eat cereals and pureed foods 	<p>BY 6 MONTHS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Reaches for a nearby toy while on tummy <p><i>While lying on back...</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Transfers a toy from one hand <input type="checkbox"/> Reaches both hands to play with feet 	<p>BY 6 MONTHS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Uses hands to support self in sitting <input type="checkbox"/> Rolls from back to tummy <input type="checkbox"/> While standing with support, accepts entire weight with legs
<p>BY 9 MONTHS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Increases variety of sounds and syllable combinations in babbling <input type="checkbox"/> Looks at familiar objects and people when named <input type="checkbox"/> Begins to eat junior and mashed table foods 	<p>BY 9 MONTHS</p> <ul style="list-style-type: none"> <input type="checkbox"/> In a high chair, holds and drinks from a bottle <input type="checkbox"/> Explores and examines an object using both hands <input type="checkbox"/> Turns several pages of a chunky (board) book at once <input type="checkbox"/> In simple play imitates others 	<p>BY 9 MONTHS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sits and reaches for toys without falling <input type="checkbox"/> Moves from tummy or back into sitting <input type="checkbox"/> Creeps on hands and knees with alternate arm and leg movement
<p>BY 12 MONTHS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meaningfully uses “mama” or “dada” <input type="checkbox"/> Responds to simple commands, e.g. “come here” <input type="checkbox"/> Produces long strings of gibberish in social communication <input type="checkbox"/> Begins to use an open cup 	<p>BY 12 MONTHS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Finger feeds self <input type="checkbox"/> Releases objects into a container with a large opening <input type="checkbox"/> Uses thumb and pointer finger to pick up tiny objects 	<p>BY 12 MONTHS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pulls to stand and cruises along furniture <input type="checkbox"/> Stands alone and takes several independent steps
<p>BY 15 MONTHS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Vocabulary consists of 5-10 words <input type="checkbox"/> Imitates new less familiar words <input type="checkbox"/> Understands 50 words <input type="checkbox"/> variety of coarsely chopped table foods 	<p>BY 15 MONTHS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stacks two objects or blocks <input type="checkbox"/> Helps with getting undressed <input type="checkbox"/> Holds and drinks from a cup 	<p>BY 15 MONTHS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Walks independently and seldom falls <input type="checkbox"/> Squats to pick up toy

*Correct your child's age for prematurity.

www.pathwaysawareness.org
800-955-2445

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SIGNS TO WATCH FOR IN PHYSICAL DEVELOPMENT*

AT 3 MONTHS

- Difficulty lifting head
- Pushes back with head
- Stiff legs with little or no movement
- Keeps hands fisted and lacks arm movement

AT 6 MONTHS

- Rounded back
- Unable to lift head up
- Poor head control
- Difficult to bring arms forward to reach out
- Arches back and stiffens legs
- Arms held back
- Stiff legs

AT 9 MONTHS

- Uses one hand predominately
- Rounded back
- Poor use of arms in sitting
- Difficulty crawling
- Uses only one side of body to move
- Inability to straighten back
- Cannot take weight on legs

AT 12 MONTHS

- Difficulty getting to stand because of stiff legs and pointed toes
- Only uses arms to pull up to standing
- Sits with weight to one side
- Strongly flexed or stiffly extended arms
- Needs to use hand to maintain sitting

AT 15 MONTHS

- Unable to take steps independently
- Poor standing balance, falls frequently
- Walks on toes

**Correct your child's age for prematurity.*