

# Developmental Milestones:

The skills formed from ages 0 to 6,  
which build the foundation for learning  
to read and write.



Parents are encouraged to play with  
their children using activities that will  
develop the skills from this booklet.

# **GROSS MOTOR DEVELOPMENT**

## **NEWBORN TO SIX YEARS OF AGE**

## **What is gross motor development?**

**Gross motor skills involve the large muscles of the body that enable such functions as walking, kicking, sitting upright, lifting, and throwing a ball.**

**A person's gross motor skills depend on both muscle tone and strength.**

## Why is Gross Motor Ability a Critical Life Skill?

Gross Motor skills are important for major body movement such as walking, balance, coordination, jumping, and reaching. Gross motor skills share connections with other physical functions. A student's ability to maintain upper body support, for example, will affect his ability to write. Writing is a fine motor skill. Students with poor gross motor development, may have difficulty with activities such as writing, sitting up in an alert position, sitting straight to watch classroom activity, and writing on a blackboard.

## Gross Motor 0-5 Months

- Holds leg up when lying on back.
- Kicks feet.



- Sits with a little support at the waist.
- Turns from back to side and tries to roll over.

## Gross Motor 6-11 Months

- Sits with the support of a high chair.
- Sits with, and then without, support of own hands.
- Raises self on hands and knees into creeping posture for short periods of time.



- Crawls, scoots, creeps, or moves well from one place to another.

**Gross Motor**  
**12-17 Months**  
**( 1 Yr to 1 Yr, 5 Months )**

- Walks with both hands held only for balance.
- Walks alone (up to 8 feet).



- Bends or squats to pick up an object and stands up again without support.
- Walks well, doesn't fall often.

## Gross Motor

### 18-23 Months

( 1 Yr,6 Months to 1 Yr,11 Months )

- Pushes, pulls, or carries toy while walking.



- Stands on 1 foot 2-3 seconds when hands are held.
- Walks alone 6 feet on 8-inch-wide board.
- Walks up and down stairs alone, moving up at least 2 steps using both feet on each stair.



**Gross Motor**  
**24-29 Months**  
**( 2 Yrs to 2 Yrs, 6 Months )**

- Runs in coordinated way.
- Jumps in place with both feet leaving floor at the same time.
- Stands on one foot for a moment without support.



- Runs well without falling.

## Gross Motor

30-35 Months

(2 Yrs, 6 Months to 2 Yrs, 11 Months)

- Balances on 1 foot for 1 second when shown how.



- Walks up stairs, right foot on one step, left foot on next, supported by wall or rail.
- Hops on 1 foot at a time, forward or in place, for 2-3 hops.
- Walks on tiptoes 10 feet when asked.

## Gross Motor

36-41 Months

( 3 Yrs to 3 Yrs, 5 Months )

- Pedals a riding toy.



- Sways, claps, or otherwise moves to music, not necessarily in time.
- Balances and walks in a 4-inch-wide board or beam.
- Walks up and down stairs, alternating feet, hand on rail.

## Gross Motor

### 42-47 Months

(3 Yrs, 6 Months to 3 Yrs, 11 Months)

- Runs 15 yards in 6 seconds or less.
- Hops forward on 1 foot, for 3 or more hops.



- Walks heel to toe.
- Goes up stairs without support, alternating feet.

## Gross Motor 48-53 Months ( 4 Yrs to 4 Yrs, 5 Months )

- Skips on 1 foot.
- Runs around obstacles and turns corners.



- Walks on a 1-inch-wide straight line for 3 yards without stepping off.
- Walks down stairs, alternating feet, no rail.

## Gross Motor

### 54-59 Months

(4 Yrs, 6 Months to 4 Yrs, 11 Months)

- Stands on 1 foot for 10 seconds or longer.



- Pumps and maintains momentum on a swing (may be started by a forward push).
- Somersaults without help or falling off to side.
- Walks backwards 5 steps on a 4-inch-wide beam.

**Gross Motor**  
**60-65 Months**  
**( 5 Yrs to 5 Yrs, 5 Months )**

- Hops on 1 foot for 8-10 hops.
- Jumps over knee-high obstacles with both feet together.



- Broad jumps 27 inches.
- Walks down stairs carrying an object.
- Runs through obstacle course and avoids objects.

## Gross Motor 66-71 Months

(5 Yrs, 6 Months to 5 Yrs, 11 Months)



- Skips using alternating feet at least 4 times.
- Walks backwards, heel-toe for 6 steps.
- Skips 10 feet, using alternating feet.





# **FINE MOTOR DEVELOPMENT**

## **NEWBORN TO SIX YEARS OF AGE**

## What is Fine Motor Development?

Fine motor skills involve the small muscles of the body that enable such functions as writing, grasping small objects, and fastening clothing.

Fine motor skills involve strength, fine motor control, and dexterity.

## Why are fine motor skills important learning and living skills?

Fine motor skills are important in most school activities as well as in life in general.

Weaknesses in fine motor skills can affect a child's ability to eat, write legibly, use a computer, turn pages in a book, and perform personal care tasks such as dressing and grooming.

## Fine Motor Development 0-5 Months

- Opens and shuts hands.



- Grasps a rattle or small toy placed in hand.
- Brings hand (or both hands) to mouth.
- Holds and shakes a toy.

## Fine Motor Development 6-11 Months

- Tries to pick up small objects using a raking motion.
- Waves bye-bye.



- Picks up string with thumb and index finger.
- Pokes into holes with index finger.
- Tears paper.

## Fine Motor Development

12-17 Months

( 1 Yr to 1 Yr, 5 Months )

- Turns thick pages (such as cardboard).
- Holds toy in 1 hand as other hand uses it.



- Holds 2 small objects in 1 hand.
- Points at desired objects with index finger, keeping thumb and other fingers close to palm.

## Fine Motor Development

### 18-23 Months

( 1 Yr, 6 Months to 1 Yr, 11 Months )

- Uses one hand more than the other.
- Turns regular book pages by self (may turn more than 1 at a time).



- Uses play dough, paint, and paper.
- Washes and dries hands with help.
- Turns knob to open the door.



## Fine Motor Development 24-29 Months ( 2 Yrs to 2 Yrs, 5 Months )

- Grasps pencil in palm.



- Plays with sand and water.
- Turns regular book pages 1 at a time.
- Turns rotating handles, such as on eggbeaters.

## Fine Motor Development

### 30-35 Months

( 2 Yrs, 6 Months to 2 Yrs, 11 Months )

- Grasps pencil with thumb and fingers instead of fist.
- Screws and unscrews jar lids.



- Uses small beads and pegs.
- Holds an object with one hand while using the other, such as when using paper and pencil.

## Fine Motor Development

36-41 Months

( 3 Yrs to 3 Yrs, 5 Months )

- Completes an easy 3-piece puzzle.
- Does finger plays while singing little songs.



- Uses fingers to show age.
- Regularly reaches for and grasps objects with 1 hand.
- Rolls clay or play dough on table to make ropes.

## Fine Motor Development

42-47 Months

( 3Yrs,6Months to 3Yrs,11Months )

- Buttons and unbuttons 1 medium-sized button.
- Grasps thick marker or large chalk with basic thumb and fingers grip.



- Buttons and unbuttons quarter-inch buttons.
- Makes a flat, round cake by pressing and patting dough on table with fingers.

## Fine Motor Development 48-53 Months ( 4 Yrs to 4 Yrs, 5 Months )

- Feels objects without looking and identifies hard and soft.
- Fastens buttons quite well.
- Grasps pencil with thumb and fingers instead of fist.



- Rolls dough into ball by rolling between hand and table.

## Fine Motor Development

### 54-59 Months

( 4Yrs,6Months to 4Yrs,11Months )

- Grasps a thick marker or large chalk with thumb and pad of index finger; marker rests on third joint of middle finger.
- Screws and unscrews nuts and bolts.



- Feels objects without looking and identifies circles, squares, and triangles.
- Places key in and opens lock.

## Fine Motor Development 60-65 Months ( 5 Yrs to 5 Yrs, 5 months )

- Laces shoes.



- Feels and identifies different textures.
- Touches tip of thumb to each finger on same hand in under 8 seconds.

## Fine Motor Development 66-71 Months ( 5Yrs,6Months to 5Yrs,11Months )

- Prefers to use either right or left hand.



- Uses tweezers and other tools that strengthen arms, wrist, hand, and fingers.
- Cuts well with scissors.





# **VISUAL DEVELOPMENT**

## **NEWBORN TO SIX YEARS OF AGE**

## What is visual development?

For newborns, it means being able to use sight to assess the world around them.

For toddlers, it is the beginning milestone to connect the senses to explore the world around them through observation and exploration.

## What are visual skills?

Visual perception is the ability to make sense of what is seen. Typically, children and adults easily recognize that a square has four sharp corners or that a square turned on its side is a diamond. Visual perception can be separated into several skill areas. Some of these are:

- **Discrimination:** the ability to match two forms that are identical.
- **Memory:** the ability to remember visual information.
- **Form constancy:** the ability to tell that something is the same even if it is a different size.
- **Figure ground:** the ability to find an identical match when it is hidden. For example, a "where's Waldo" or "Eye Spy" book.
- **Closure:** the ability to match two forms as identical even if part of one is missing.

## Visual Development 0-5 Months

- Notices stationary objects about 6 to 12 inches away.



- Looks into caregiver's face and eyes with interest.
- Watches your mouth when you talk face to face.
- Stares at rattle places in hand.

## Visual Development

### 6-11 Months

- Tries to get dropped toy if he/she can see it while lying on their back.
- Eyes follow a falling object when dropped.
- Plays peek-a-boo.



- After seeing object covered by cloth, picks up cloth.
- Finds a small toy after watching you hide it entirely under cloth.

## Visual Development

12-17 Months

( 1Yr to 1 Yr, 5 Months )

- Enjoys looking at pictures in books.
- Looks where a ball rolled from sight.
- Selects and places round object into round space.



- Pats or touches pictures.
- Identifies 1 body part on self.
- Selects and puts square or rectangular objects into the matching space.

## Visual Development

### 18-23 Months

( 1 Yr, 6 Months to 1 Yr, 11 Months )

- Looks at picture books and turns pages by himself.
- Turns objects right-side up as needed to use them.



- Turns picture right-side up if given upside down.
- Identifies 3 body parts on self.
- Matches pictures to real things.



## Visual Development

24-29 Months

( 2 Yrs to 2 Yrs, 5 Months )

- Names 4 body parts on self: hair, mouth, feet, ear, nose, hands, eyes.
- Finds at least 2 details in favourite picture book, such as a cat in a bush.



- Points to picture of an action you name.
- Sorts objects that vary only in colour when shown how.

## Visual Development

### 30-35 Months

( 2 Yrs, 6 Months to 2 Yrs, 11 Months )

- Matches identical, simple pictures.
- Matches blue, red, and yellow objects by colour.



- Completes a simple 3-piece puzzle of something familiar.
- Matches familiar objects, such as keys, to their outlines when shown how.

## Visual Development 36-41 Months ( 3 Yrs to 3 Yrs, 5 Months )

- Sorts circle, square, triangle when shown how.
- Matches by texture.
- Names an object when only part of it is shown.



- Remembers some aspects of pictures.

## Visual Development

42-47 Months

( 3 Yrs, 6 Months to 3 Yrs, 11 Months )

- Counts 5 objects aloud.
- Points to or names 4 basic colours.
- Completes a 4 or 5 piece puzzle.



- Guesses a full picture from looking at half of it.

## Visual Development

48-53 Months

( 4 Yrs to 4 Yrs, 5 Months )

- Points to the smallest of 3 circles when asked, "which circle is the smallest?"
- Points out which of 2 alike groups (in shape, size, and colour ) has "more" and "less".



- Can choose long, longer, longest from group of 3 objects.
- Copies colour and shape series of beads or blocks.

## Visual Development

54-59 Months

( 4 Yrs, 6 Months to 4 Yrs, 11 Months )

- Sorts objects by colour, size, and shape.



- Follows moving objects with eyes.
- Counts objects aloud to at least 6.
- Selects "*big, bigger, biggest*" and "*small, smaller, smallest*" in group of objects.

## Visual Development 60-65 Months ( 5 Yrs to 5 Yrs, 5 Months)

- Knows most basic colours and colour names well.
- Reads and writes numerals to 5.
- Can match letters in a group of many different letters.



- Groups objects that vary in 2 ways such as blue square, blue circle, and red square.

## Visual Development

66-71 Months

( 5 Yrs, 6 Months to 5 Yrs, 11 Months )

- Names most uppercase but not most lowercase letters.
- Recognizes own name in uppercase letters only.
- Recognizes own name when printed with lowercase and capital letters.



- Completes a 6 to 12 piece interlocking inset puzzle.





# **VISUAL MOTOR DEVELOPMENT**

## **NEWBORN TO SIX YEARS OF AGE**

## What is visual-motor development?

Visual motor skills refer to the ability to coordinate vision with the movements of the body. Vision is involved in all our movements whether they are gross motor or fine motor. Understanding that vision is a component of all the skill areas, visual motor for this discussion will refer to coordination between the eyes and the hands to perform varied pencil and paper tasks. This mainly refers to writing or drawing.

## VISUAL MOTOR DEVELOPMENT

### 0-5 Months

- Reaches toward and touches toy.
- Picks up small objects or toys.
- Hits a dangling object with hands.
- Looks at and manipulates objects in hand.



## VISUAL MOTOR DEVELOPMENT 6-11 Months

- Bangs small objects on table.
- Reaches for small objects with just one hand.



- Feeds self finger foods.
- Drops small things, such as raisins, into a relatively small opening, such as a cup.

## VISUAL MOTOR DEVELOPMENT

12-17 Months

( 1 Yr to 1 Yr, 5 Months )

- Helps to pull off simple clothing and extends arms and legs to help with dressing.
- Imitates adult by scribbling with crayon or pencil.
- Makes a stack of 2 blocks.



- Copies housework and other activities you do, such as combing hair.

## VISUAL MOTOR DEVELOPMENT

18-23 Months

(1 Yr, 6 Months; 1 Yr, 11 Months)

- Tries to kick ball by walking into it or by swinging leg (may miss).
- Throws small ball (over-or-underhand) a few feet while standing.



- Scoops from one container to another and feeds self some foods without much spilling.
- Builds a 6-block tower.

# VISUAL MOTOR DEVELOPMENT

24-29 Months

( 2 Yrs to 2 Yrs, 5 Months )

- Kicks ball forward with either foot without support.



- Throws a large ball.
- Imitates building a 2-to-4 block train with chimney.
- Undresses with help only for fasteners and pullovers with narrow necks.

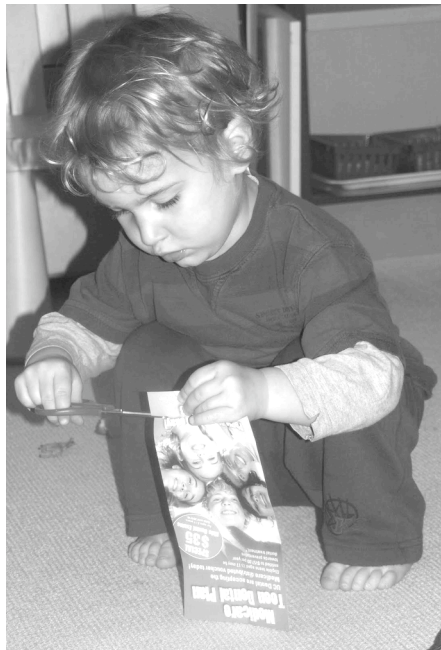


## VISUAL MOTOR DEVELOPMENT

30-35 Months

( 2 Yrs, 6 Months to 2 Yrs, 11 Months )

- Catches a large ball thrown gently from very close.
- Makes small cuts (snips) on line with child-safe scissors and some help.
- Pours accurately from one container to another.



- Dresses self with help with fasteners.

## VISUAL MOTOR DEVELOPMENT

36-41 Months

( 3 Yrs to 3 Yrs, 5 Months )

- Makes continuous cuts with child-safe scissors.
- Throws tennis ball 5-7 feet overhand with 1 hand.



- Imitates making a 3 block bridge.
- Catches a large ball thrown from 5 feet away.

## VISUAL MOTOR DEVELOPMENT

42-47 Months

( 3 Yrs, 6 Months to 3 Yrs, 11 Months )

- Puts shoes on completely, on correct feet.
- Brushes teeth with horizontal and vertical motions.
- Kicks a large ball while it is rolling, rolled from 4 feet away.



- Throws a small ball underhand 5 feet, hitting a 2-foot-square target 2 feet above the floor.

# VISUAL MOTOR DEVELOPMENT

## 48-53 Months

### ( 4 Yrs to 4 Yrs 5 Months )

- Draws a person with 3 different body parts.
- Pedals a tricycle around obstacles and makes U-turns.
- Dresses and undresses when requested without much help.



- Catches a big ball bounced from 3 feet away.

## VISUAL MOTOR DEVELOPMENT

54-59 Months

( 4 Yrs, 6 Months to 4 Yrs, 11 Months )

- Bounces a ball 2-3 times.
- Cuts easy foods with a knife.
- Cuts out a big circle with scissors.



- Connects a series of dots spaced  $\frac{1}{2}$  inch apart to make simple drawings, such as lines, circles, and squares.

## VISUAL MOTOR DEVELOPMENT

60-65 Months

( 5 Yrs to 5 Yrs, 5 Months )

- Ties shoes.
- Catches a tennis ball with hands and chest.



- Draws a person with 6 or more different parts.
- Connects two dots (about 6 inches apart) with a straight line that does not deviate more than  $\frac{1}{4}$  inch.

## VISUAL MOTOR DEVELOPMENT

66-71 Months

( 5 Yrs, 6 Months to 5 Yrs, 11 Months )

- Brushes or combs hair well.
- Cuts most foods with a knife.
- Prints own first name in either upper or lowercase letters without a model.



- Cuts out a simple picture following a general outline within a 1/4 inch.

If you have questions or want more information about your child and developmental milestones call Kim Hughes-Brinsky 250-782-1161

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