

Developmental tasks at various stages of Development

Developmental tasks can be described as a set of functional skills or age-specific tasks that an average child is able to do when he reaches a specific age.

Most of the paediatricians make use of these milestones to make sure that a child is developing at a normal pace and is not suffering from any growth-related problems.

However, while making use of these milestones, a parent should keep in mind that it is not necessary for a child to be able to do a specific task exactly within the age range mentioned. Some variations are bound to be there, as every child is unique. It is only when the variations become too much that a need for worry arises.



Skills

- ▶ The skills that are generally studied in the growth and development charts for babies include:
- ▶ **Basic Motor Skills:** Using large muscle groups in sitting, standing, walking, running, balancing and changing positions
- ▶ **Advanced Motor Skills:** Using hands to eat, draw, dress, play, write and indulge in other things
- ▶ **Learning Skills:** Learning to speak and use body language as well as gestures for communication, ability to understand others
- ▶ **Cognitive and Thinking Skills:** Learning, problem-solving and reasoning
- ▶ **Social Skills:** Interacting with others, maintaining relationships with family, friends and teachers, learning to share and cooperate and responding to other people's feelings

Milestone Chart for Babies (1 to 6 Months Old)

Age of the Child	Common Skills	Skills Still Learning	Rare Skills
1 month old	Lifts head Responds to sound Stares at faces	Follows moving objects by eyes Make cooing sounds Can see patterns in black and white and their contrasts	Smiles Laughs Holds head at 45 degree angle
2 months old	Make gurgling and cooing sounds Follows moving objects by eyes Holds head up for short periods	Smiles Laughs Holds head at 45 degree angle Smoother movements	Keeps head steady Bears weight on legs May lift head and shoulder in a push up-like position
3 months old	Laughs Keeps head steady Recognizes mom's face and can know her by her scent	Squeals and make gurgling and cooing sounds Recognizes mom's voice Do mini-push ups	Listens and turns toward loud sounds Can bring hands together May try to bat at toys Rolls over
4 months old	Keeps head up and steady Can bear weight on legs Make cooing sounds in response to your talk	Can grasp a toy Reaches out to touch or grab objects Rolls over	Imitates sounds and speech made by you such as baba, mama First tooth may show up May be ready for solids
5 months old	Understands differences in bold colours Rolls over Plays with own hands and feet	Recognizes and turns to look at the source of new sounds Recognizes own name	May sit without support for a moment or two Puts objects in mouth Stranger anxiety may begin
6 months old	Turns to look at the source of sounds and voices Imitates sounds Blows bubbles Rolls in both directions	Reaches for objects and puts them in mouth Sits without support Ready for solids	May start crawling or lunge forward May jabber trying to combine syllables May try to drag objects toward himself

Milestone Chart for Infants (7 Months to 1 Year Old)

Age of the Child	Common Skills	Skills Still Learning	Rare Skills
7 months old	Sits without support Makes sweeping motion to reach for things Babbles	Combines syllables to form word like sounds Crawls or lunges forward	Stands with support or while holding something Waves to say goodbye Bangs objects to produce sounds
8 months old	Uses 'mama' or 'dada' to parents, not necessary the right one Crawls Passes object from hand to hand	Stands with support or while holding something Masters crawling Points at objects	Pulls self to standing position and tries to cruise with support of walls or furniture Picks things up using 'pincer grasp' or using thumb and finger Tries to express himself using gestures
9 months old	Combines syllables to form word like sounds Stands with support or while holding something	Picks things up using 'pincer grasp' or using thumb and finger Tries to cruise with support of walls or furniture Bangs objects together	Plays infant games with small rhymes Says 'dada' and 'mama' to the right parent
10 months old	Waves to say goodbye Picks things up using 'pincer grasp' or using thumb and finger Masters crawling Explores and cruises	Says 'dada' and 'mama' to the right parent Responds to own name Understands 'No' Expresses himself using gestures	Drinks from a cup Stands alone without support for a couple of seconds Puts objects in a container and pull them out
11 months old	Says 'dada' and 'mama' to the right parent Plays infant games with small rhymes Stands alone without support for a couple of seconds	Imitates what others are doing Puts objects in a container and pull them out Understands simple sentences and instructions	Drinks from a cup Learns one word besides 'mama' and 'dada' Stoops while standing
12 months old or One year old	Imitates what others are doing Jabbers and make sounds that are like words Expresses himself using gestures	Learns one word besides 'mama' and 'dada' Takes a few steps Understands simple sentences and instructions and responds to them	Scribbles with crayon Masters walking Learns two words besides 'mama' and 'dada'

Milestone Chart for Toddlers (1 Year to 1 1/2 Year Old)

Age of the Child	Common Skills	Skills Still Learning	Rare Skills
13 months old or just one year old	Learns to use two words besides 'mama' and 'dada' well Stoops while standing to pick up objects Stands without support	Finds gazing at his reflection funny and amusing Drinks from a cup Plays hide-and-seek or peek-a-boo	Uses combination of words and gestures to express himself Tries to lift heavy things Rolls a ball back and forth like to play 'Catch and throw'
14 months old	Feeds using fingers Pull things out from jars and empties containers Imitates others	Walks well while toddling Makes and starts his own games to play Learns the names of body parts and point to them when the name is said	Starts learning how to use spoon or fork Can find matching lids of containers, pots and pans according to size and shape Pushes and pulls toys while walking
15 months old	Plays with ball Learns about five words other than initial vocabulary Can walk backward	Can draw a dot and a line Masters running 'No' becomes his favourite word	Can climb up stairs Begins to learn with household chores Learns to put his fingers to mouth and say 'shhh' to indicate silence or secrecy
16 months old	Can turn the pages of a book Has toddler temper tantrums Has favourite toy or object to which he becomes attached	Climbs well Can stack up to three blocks Learns to use common objects such as telephone	Can take a piece or two of clothes by himself May become picky eater Nap times reduce from two to one
17 months old	Vocabulary increases and he learns to use some words regularly Loves to play pretend games and riding toys	Understands and responds to directions May feed dolls like a real baby Speech becomes clear	Dances when music plays Learns to sort toys by colour, shape or size Learns to kick ball to launch it forward
18 months old or One and a half year old	Loves to watch the pictures or 'read' his board books on his own Learns to scribbles well Can pedal his tricycle	Can put words together to make phrases Brush teeth with help Can stack up to four cubes together	Throws ball overhand Loves to pull toys apart and then put them back together Ready for toilet training

Milestone Chart for Kids (1 1/2 Year to 2 Years Old)

Age of the Child	Common Skills	Skills Still Learning	Rare Skills
19 months old or just one and a half year old	Learns to use a spoon and fork Runs Throws ball underhand	Speech becomes clearer and about half of it is understandable Recognizes trouble or that something is wrong and may call for help	Can brush teeth with help and wash and dry hands too Can understand the meaning of animal names such as cat or dog and point to its picture May recognize and tell you when child needs to go toilet
20 months old	Will pretend a doll to be a baby and feed it Can take off own clothes with help Can imitate actions just as throwing garbage	Vocabulary increases rapidly and learns 10 or more words a day Can walk upstairs Tries to find objects that are hidden	May be curious about his genitals Draws straighter lines Knows the name of many body parts and can say them
21 months old	Can walk upstairs Loves to help with household chores Can follow simple goals such as keeping a toy in its place	Kicks the ball and can throw it overhand Makes block towers	Can recognize the picture of cat or dog and say it Can make two-word sentences such as go park or want candy Can walk down stairs
22 months old	Can kick a ball forward Follows two-step requests (get your doll and bring it here) Imitates others' behaviour	Can do simple puzzles Can draw a straight line Can identify several body parts	Can put on clothing Might be ready for a big bed Understands opposites (tall and short)
23 months old	Stack up to 4 blocks to make a tower Names simple pictures in a book Learns and uses about 50 words	Uses two or three word sentences Sings simple tunes Loves to play with other kids	Walk down stairs Expresses his likes and dislikes and talks about himself Asks 'Why?' questions about almost everything
24 months old or two years old	Can tell at least six body parts in a doll About half of what he says is clear and understandable Can make short sentences	Expresses his likes and dislikes and talks about himself Can arrange and categorize things Can walk down stairs	Learns and understands simple abstract words and concepts like sooner and later Understands gender differences Starts jumping

Milestone Chart for Young Children (2 to 2 1/2 Years Old)

Age of the Child	Common Skills	Skills Still Learning	Rare Skills
25 and 26 months old or just two years old	<ul style="list-style-type: none"> Dresses down on his own Know the names of many body parts and can say them Builds tower of three or four blocks 	<ul style="list-style-type: none"> Washes and dries hands by himself Brushes teeth with help Dresses up on his own Speech is understandable most of the time Throws a ball overhand 	<ul style="list-style-type: none"> Speech is understandable all the time Draws vertical line
27 and 28 months old	<ul style="list-style-type: none"> Speech is understandable most of the time Dresses up on his own Jumps up and down 	<ul style="list-style-type: none"> Builds tower of several blocks Speech is understandable all the time 	<ul style="list-style-type: none"> Draws vertical line Can balance himself on one foot
29 to 30 months old or two and a half years old	<ul style="list-style-type: none"> Washes and dries hands by himself Brushes teeth with help 	<ul style="list-style-type: none"> Draws a vertical line Speech is understandable all the time Can balance himself on one foot 	<ul style="list-style-type: none"> Can put on T-shirt Can recognize and say names of colours Known the names of his friends

Milestone Chart for Children (2 1/2 to 3 Years Old)

Age of the Child	Common Skills	Skills Still Learning	Rare Skills
31 and 32 months old or just two and a half years old	<ul style="list-style-type: none"> Can stack up to six blocks to make a tower Knows at least six body parts by names Throws ball overhand 	<ul style="list-style-type: none"> Puts on a T-shirt on his own Can keep balance on each foot for a moment or two Learns to brush teeth on his own 	<ul style="list-style-type: none"> Calls friend by names Washes and dries hands on his own Can use up to two adjectives in one sentence
33 and 34 months old	<ul style="list-style-type: none"> Can name colours Can carry on conversations using two to three sentences at once Can name at least four pictures in a book 	<ul style="list-style-type: none"> Builds tower of up to eight blocks Starts using prepositions in sentences Speech is clear 	<ul style="list-style-type: none"> Toilet trained fully, at least during the day Wiggles thumb Express many emotions using body language and sounds
35 to 36 months old or three years old	<ul style="list-style-type: none"> Learn to use at least two common objects well Uses sentences with about four to five words. Can describe everyday actions such as jumping and running 	<ul style="list-style-type: none"> Can keep balance on each foot for about three seconds Can follow more complex commands with two or three instructions such as go to your room; switch off the lights and go to sleep. Can stay without parents for some time and do not cry and wait for them 	<ul style="list-style-type: none"> Learns to hop, skip and jump. Can draw a circle Can dress up and down on his own



Thanks

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