

Birth to One Year

A PHYSICAL DEVELOPMENT: GROSS MOTOR

A-1 Supine Position Skills p. 3

- ^{0m} 1. Turns head in both directions
2. Rolls partway onto side
3. Rolls from side to back ^{2m}
4. Bends and straightens arms and legs
5. Holds head steady in midline ^{4m}
6. Rolls from back to side
7. Has no head lag when pulled to a sitting position
8. Kicks feet vigorously in air for play
9. Grasps feet with hands
10. Rolls from back to stomach ^{6m}
11. Transfers an object from one hand to the other
12. Reaches and grasps with one hand (using both hands equally well)
13. Lifts head
14. Bangs and shakes object that makes noise ^{9m}

A-2 Prone Position Skills p. 5

- ^{0m} 1. Lifts head slightly
2. Lifts head ninety degrees
3. Raises chest with elbow and forearm support ^{4m}
4. Reaches while supported on one elbow
5. Rolls from stomach to back
6. Pivots/Turns on stomach ^{6m}
7. Creeps, pulling body forward while on stomach
8. Moves about on hands and knees (or scoots on bottom) ^{9m}
9. Changes from crawling position to sitting position ^{12m}

A-3 Sitting Position Skills p. 7

- ^{0m} 1. Steadies head (when held to shoulder)
2. Sits with head set forward with some control (in a supported sitting position)
3. Steadies head (in a supported sitting position) ^{4m}

4. Attempts to correct balance when tilted (in a supported sitting position)
5. Sits when propped with support
6. Sits briefly unsupported ^{6m}
7. Sits steadily with little risk of losing balance
8. Reaches out or extends arms when falling forward from a sitting position
9. Sits erect and unsupported for five minutes
10. Pivots/Turns on bottom
11. Goes from a sitting position to a crawling position without losing balance
12. Gets into a sitting position independently ^{9m}
13. Sits with enough balance and support to free hands for an activity ^{12m}

A-4 Upright Position Skills p. 9

- ^{4m} 1. Briefly supports a small fraction of their weight (in a supported standing position)
2. Lifts one foot to make a stepping movement (in a supported standing position)
3. Briefly supports approximately half their weight (in a supported standing position) ^{6m}
4. Supports most of their weight (in a supported standing position)
5. Supports their full weight when placed in a balanced position
6. Stands while holding on to an object for support
7. Walks with both hands held ^{9m}
8. Pulls to a standing position ^{12m}

A-5 Walking and Standing p. 12

- ^{9m} 1. Walks independently with hands high (near chest or shoulders) to aid balance
2. Walks independently without frequent falling ^{18m}

B PHYSICAL DEVELOPMENT: FINE MOTOR

B-1 General Fine Motor Skills p. 38

- ^{0m} 1. Places fist in mouth
2. Makes horizontal eye movements
3. Makes vertical eye movements
4. Makes circular eye movements
5. Glances at hands briefly
6. Brings hands to mouth
7. Is attracted to high-contrast or brightly colored objects placed within 18 inches (45 cm) of face
8. Takes objects in hand to mouth
9. Looks at hands or at objects placed in hands
10. Swipes or bats at objects at chest level
11. Brings hands to midline
12. Plays with hands and fingers ^{4m}
13. Has hands predominantly open
14. Shakes a rattle when placed in hand
15. Reaches for objects
16. Reaches out and grasps objects near body
17. Uses an ulnar-palmar grasp—objects held against the palm with all fingers except the thumb
18. Places both hands on a toy at midline
19. Grasps objects voluntarily
20. Exhibits a one-handed, visually directed reach ^{6m}
21. Glances from a toy in one hand to a toy in the other hand
22. Reaches across the midline
23. Uses a radial-palmar grasp—all four fingers in opposition to the base of the thumb
24. Grasps small objects off a flat surface
25. Bangs objects on a surface
26. Holds a bottle or a cup independently
27. Bangs two objects in hands together ^{9m}
28. Uses an inferior pincer grasp—the side or pad of the index finger in opposition to the thumb

29. Pokes objects
30. Uses a neat pincer grasp—very precise opposition of the thumb and the tip of the index finger
31. Claps hands
32. Squeaks a toy with hand ^{12m}

C LANGUAGE DEVELOPMENT: RECEPTIVE

C-1 General Receptive Language Skills p. 72

- ^{0m} 1. Startles to unexpected noise
2. Anticipates feeding at the sight of food (breast, bottle, solid food)
3. Responds to parent/caregiver
4. Reacts to visual stimuli ^{2m}
5. Responds with a smile, a coo, or another attentive response
6. Turns toward face of speaker ^{4m}
7. Moves eyes or turns head to find a sound ^{6m}
8. Shows understanding of some words (e.g., *bye-bye*, *mama*)
9. Responds to own name
10. Smiles or laughs when looking at a parent/caregiver ^{9m}
11. Anticipates feeding when hears word for food
12. Holds out or raises arms when a parent/caregiver says *Come here* or *Up*
13. Looks at people or objects when they are pointed to
14. Looks at familiar people and objects when named
15. Responds to questions regarding wants or needs ^{12m}

D LANGUAGE DEVELOPMENT: EXPRESSIVE

D-1 General Expressive Language Skills p. 105

- ^{0m} 1. Makes sounds other than crying
2. Makes varied sounds ^{2m}
3. Coos and gurgles
4. Laughs out loud
5. Has a strong cry
6. Vocalizes when talked to ^{4m}

7. Makes “raspberries”
8. Squeals
9. Babbles, making varying consonant sounds
10. Takes turns “talking” to a responsive adult
11. Makes singing sounds ^{6m}
12. Vocalizes spontaneously at others
13. Repeatedly murmurs single syllables
14. Begins canonical babbling (strings of consonant-vowel [CV] combinations)
15. Gestures to communicate preferences when given two choices
16. Initiates a play routine with a responsive adult
17. Gestures to make wishes known ^{9m}
18. “Talks” to objects
19. Imitates nonspeech sounds
20. Holds up objects to communicate
21. Vocalizes to gain attention
22. Uses a variety of consonant sounds ^{12m}

E COGNITIVE DEVELOPMENT

E-1 General Cognitive Skills p. 146

- ^{0m} 1. Responds to a rattle or jingling noise
2. Visually fixates on an object held 8 to 12 inches (20 to 30 cm) in front of eyes
3. Looks at a person momentarily
4. Anticipates feeding at sight of breast or bottle
5. Visually explores surroundings with curiosity
6. Looks attentively at a familiar face
7. Watches and visually follows a moving person ^{2m}
8. Responds with a social smile
9. Explores objects with hands and/or mouth ^{4m}
10. Reaches for objects
11. Responds to peekaboo or a similar game ^{6m}
12. Explores an object in a variety of ways
13. Bangs an object repeatedly against a surface
14. Searches for a partially hidden object
15. Goes for a toy that is out of reach
16. Looks for a dropped object ^{9m}

17. Indicates desire to be picked up using gesture or vocalization
18. Shows interest in pictures
19. Pulls a string or strap to get an object that is out of reach
20. Searches for a completely hidden (covered) object ^{12m}

E-2 Imitates Actions p. 153

^{9m} Imitates facial expressions

1. Opens mouth wide
2. Makes a big smile
3. Puffs out cheeks

Imitates actions with hands ^{18m}

4. Taps open palms on the table
5. Makes fists and puts one on top of the other
6. Brings fingertips together

F ADAPTIVE DEVELOPMENT: SELF-HELP

F-1 Eating and Drinking p. 214

- ^{1m} 1. Sucks well, forming a tight seal around the nipple when sucking
2. Opens mouth in anticipation of feeding
3. Brings hands to mouth ^{4m}
4. Swallows soft or pureed food
5. Opens mouth as spoon with soft or pureed food is presented
6. Refuses excess food
7. Uses tongue to move pureed food within mouth
8. Uses lips to take food off a spoon
9. Holds a bottle or learning cup independently ^{9m}
10. Munches or mouths food
11. Chews, but without a rotary or grinding motion
12. Chews and swallows semisolid food
13. Feeds self a cracker
14. Drinks from an open cup held by an adult ^{12m}

H SOCIAL AND EMOTIONAL DEVELOPMENT: INTERPERSONAL

H-1 Social Awareness p. 255

- ^{2m} 1. Shows interest in people's faces
- 2. Responds with a smile ^{4m}
- 3. Responds to strong emotions expressed by others ^{9m}
- 4. Demonstrates pride in response to praise
- 5. Makes visual contact with others ^{12m}

H-2 Relationships with Adults p. 257

- ^{0m} 1. Is soothed by shared movement activities
- 2. Looks attentively at an adult's face ^{2m}
- 3. Smiles, coos, or gurgles to get an adult's attention
- 4. Prefers to be with others who are playing or working
- 5. Shows preference for parent/caregiver
- 6. Likes to play peekaboo or a similar game ^{6m}
- 7. Likes to play pat-a-cake or a similar clapping game ^{9m}
- 8. Communicates *I want up* using gestures or vocalization
- 9. Gives affection
- 10. Shows interest in an object to which an adult is pointing
- 11. Follows the gaze of another person ^{12m}

H-3 Play and Relationships with Peers p. 260

- ^{2m} 1. Gets excited when a toy is presented
- 2. Shakes rattle or other object when placed in hand ^{6m}
- 3. Bites or chews toys in play ^{12m}

I SOCIAL AND EMOTIONAL DEVELOPMENT: INTRAPERSONAL

I-1 Self-Awareness and Self-Efficacy p. 273

- ^{4m} 1. Smiles at mirror image
- 2. Acknowledges mirror image ^{6m}
- 3. Indicates food preferences
- 4. Expresses emotions such as joy, fear, anger, and surprises ^{9m}
- 5. Indicates toy preferences ^{12m}

I-3 Approaches to Learning p. 278

- ^{4m} 1. Likes to reach and grab ^{6m}
- 2. Works to retrieve a toy that is out of reach
- 3. Explores with curiosity
- 4. Explores new materials and experiences ^{12m}

J ACADEMIC SKILLS: LITERACY

J-1 Responds to Books p. 285

- ^{0m} 1. Looks at high-contrast pictures when being read a book ^{2m}
- 2. Smiles at photographs of smiling faces
- 3. Reaches toward pages ^{6m}
- 4. Responds to pictures in a book
- 5. Maintains interest in a book for 2–3 minutes
- 6. Tries to turn pages ^{9m}
- 7. Turns stiff (board book) pages
- 8. Engages with pictures ^{12m}

L ACADEMIC SKILLS: SCIENCE

L-1 Scientific Inquiry p. 414

- ^{6m} 1. Shows interest in and responds to living things in their environment
- 2. Shows interest in and responds to nonliving things in their environment
- 3. Responds to sounds in their environment
- 4. Reaches, turns, and moves towards objects and people of interest
- 5. Explores varied objects using different senses
- 6. Reacts to natural phenomena with interest ^{12m}