



Building Kid Steps  
 Pediatric Therapy Services  
 Victoria Location:  
 117 Medical Drive Suite 4, Victoria, TX 77904  
 361-578-2257 (Ph) 361-578-2260 (Fax)  
 Cuero Location:  
 2550 North Esplanade, Cuero, TX 77954  
 361-277-6527 (Ph) 361-275-8389 (Fax)  
 buildingkidsteps.com

AGE	Gross Motor	Vision & Fine Motor	Speech & Language	Personal Social
6 Weeks	On tummy, lifts head to free mouth and nose When held upright, holds head up 3 seconds Actively moves both legs	Fixates and follows to 90°	Vocalizing Quiets to sound. Startles to sound	Smiles responsively. Baby settles when parent comforts; toddler seeks comfort from parent, safe-base exploration
3 months	On tummy on elbows, lifts head and chest 2 inches Held upright and moved gently: head erect and steady Held in standing: lift on foot.	Hand regard. Follows object from side to side (180°) Hands held loosely. Grasp object placed in hand. Not reaching out.	Squeals with delight. Turns head to sound Seems to recognize our voice and quiets if crying. Increases/decrease sucking behavior in response to sound	Makes pleasure sounds by cooing Cries for different needs Smiles when sees familiar faces.
5 months	Pull to sit: NO head lag Roll front to back Lying on back, feet to mouth On tummy, pushes up on arms	Reaches for objects. Plays with toes.	coos, curious and interested in environment	Mouthing objects Responsive to social stimuli; facial expressions of emotion
6 months	Pulls to sit: Lifts head in anticipation. Sits with support forward on arms for one minute Bears full weight on legs and makes bouncing movements Rolls back to front	Transfers object hand to hand. Immature rake of a pellet Moves head and eyes in all directions. No squint (after 4 months).	Makes lots babbling to include: p, b, m Babbles for attention Turns to look at new sounds Makes gurgling sounds when playing or left alone	Laughs, coos, gurgles with familiar people Reacts to loud, angry, and friendly voices
7 months	Pivots on tummy and gets on hands and knees Moves from tummy to sitting position	Rakes object into palm. Pulls round peg out.	Babbling in single syllables. Babbling in combined syllables at 8 mo.	Stranger anxiety.
9 months	Sits steadily and moves from sitting to tummy Stands holding on. Pulls self to stand. Belly crawl	Inferior pincer grasp. Radial-digital grasp of cube held with thumb and fingertips.	Discriminates between parents and others; Frequently uses syllables ba, da, ka Tries to imitate sounds	Socially interactive; plays games (i.e., pattycake) with caretakers. Looks for fallen toys. Understands "NO!" Likes to look in mirror at self
10 months	Crawls on abdomen. Pull self to sit. Creeping on all fours Lowers self from furniture to floor	Index approach. Uses index finger to poke at pea. Able to let go of cube in hand.	May say "mama/dada" Shouts to attract attention Babbles to sound like real speech	Waves "Bye bye" Plays "Pat-a-Cake"
11 months	Pivoting in sitting. Cruising around on furniture Walks with 2 hands held.		ONE word with meaning beginning of symbolic thinking: points to pictures in books in response to verbal cue; object permanence; some may use single words; receptive language more advanced than expressive language	Plays "peek-a-boo" Stranger anxiety; separation anxiety; solitary play



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1 year	Gets from lying to sitting to crawling to standing. Walks like a bear. Walks with ONE hand held. Walks well (13 months). Stands alone.	Neat pincer grasp. Bangs 2 cubes. Marks with crayon. Attempts tower of two cubes.	Understands phrases. (e.g. where is your shoes). Recognizes his own name Understands new words daily Imitates familiar words Uses "mama/dada"	Laughs a lot Shows affection to parents Vocalizes for enjoyment
18 months	Gets up and down stairs holding on to rail or with one hand held. Pulls toy or carries doll. Throws ball without falling. Sits on a chair.	Tower of 3 cubes. Scribbles spontaneously. Crudely imitate single strokes.	Points to 2 - 3 body parts. Uses 10-20 different words Imitates more precisely Occasionally mixes words with jargon Can follow two step commands	Participates in pretend play such as housework, cooking, etc Uses objects in pretend play such as remote control for phone Uses spoon well
2 years	Goes up and down stairs alone, 2 feet per step. Walks backwards Runs. Squats when playing Picks up toy without falling. Able to throw and kick ball without falling. Jumps on both feet. Walks on tip toes.	Tower of 6 cubes Imitates train of cubes with no chimney Imitates straight line. Tower of 8.	Joins 2 - 3 word in a sentence. Uses 'you' 'me' 'I'. Uses about 250 words by 2 ½ Obeys 4 simple commands. Points to 4 body parts. Gives first name or refers to self as-me	Puts on shoes, socks, pants. Dry by day. Play near other children but not with them. Begins to control behavior verbally rather than physically
3 years	Goes up stairs one foot per step. Down stairs 2 feet per step. Jumps off bottom step. Stands on 1 foot Rides tricycle. Catch large ball with extended arms 1 of 3 times	Tower of 9. Imitates bridge with cubes: Can draw recognizable forms such as people	Can count to 10 Names 2 colors. Uses nearly 1000 words Understands "on", "in", "under" Able to produce consonants: h, w, m, n b p, f Uses 3-4 word sentences Follow 2-3 step commands	Unbuttons. Dresses and undresses fully if helped with buttons and advised about correct shoe. Dry by night. Plays with others
4 years	Goes up and down stairs one foot per step. Skips on one foot (gallop) Catch large ball with elbows bent in 1 of 3 times	Copies vertical, horizontal, and circular strokes.	Able to produce consonants: d, t, y as in yes, k, g, ng Uses 4-5 word sentences	Able to stay attentive for 11-12 minutes Understands commands and direction outside of the home
5 years	Skips on both feet. Runs on toes. Hop on one foot for 16 feet Catch ball with hands not arms Balance on one foot for at least 8 seconds	Copies 'X' (5 years) Copies (5½ years) triangle.	Knows age and address Names 4 colors. Uses 5-6 word sentences Tell a story with simple plot	Ties shoelaces. Dresses and undresses alone. Stays on activity for 12-13 minutes Ask questions to get information
6 years	Walks heel to toe, kicks, throws, climb Jump from 12 inch height Standing broad jump for 36 inches Catch handball with one hand	Copies +, X, as well as basic shapes and numbers and letters.	Able to produce consonants: l, j as in jump, ch, sh, v Uses adult-like grammar in conversation Tells month, day of birthday, address	

These guidelines are distributed to be used as a reference for normal development. Every child learns at a comfortable pace for them. Please use this as informational guidelines only. If you feel your child is delayed in any area, please contact your doctor or a professional to address these concerns.