



## PEDIATRIC HOME HEALTH DEVELOPMENTAL CHART

The purpose of this checklist is to educate parents and caregivers on the typical development of a growing child. Each child reaches milestones at their own pace and a minor delay or setback is not a major concern; the concern is when those delays are consistent or there are multiple delays.

This checklist is not, and should not be used, to diagnose a child as having developmental delays, but can allow you to make a determination if you should speak with a healthcare professional or if further testing may be necessary.

It may be helpful to place the checklist in an accessible area and check for different items throughout the week to get a more thorough view of your child's abilities. Prior to going through the checklist there are questions which can also be pertinent to your child's development, please answer them appropriately.

Does your child seem to have floppy or tight muscle tone? \_\_\_\_ If yes, which one? \_\_\_\_\_

Does your child spend more time on their belly or back, or is it an equal amount of time? \_\_\_\_\_

Does your child seem to cry frequently? \_\_\_\_\_

When crying, is your child difficult to comfort by physical contact such as rocking or holding? \_\_\_\_\_



## PEDIATRIC HOME HEALTH DEVELOPMENTAL CHART

### At 3 months

#### Gross motor skills

- Turns head to both sides when lying on back
- Extends both legs
- Rolls from side to back

#### Fine motor skills

- Follows with eyes to midline
- Follows with eyes past midline
- Activates arms at sight of toy
- Engaged with colorful objects a few seconds

#### Language skills

- Makes comfort sounds – reflexive vocal
- Cries when hungry or uncomfortable

### At 6 months

#### Gross motor skills

- Rolls tummy to back
- Rests on elbows when lying on tummy
- Holds head steady when supported in sitting
- Sits with slight support
- Bears weight on legs
- Sits momentarily leaning on hands
- Pivots in a circle when lying on tummy

#### Fine motor skills

- Reaches for objects with both hands
- Reaches and grasps object
- Drops and able to recover object
- Retains small object in each hand

#### Language skills

- Cry varies in pitch, length, volume to indicate needs
- Laughs
- Squeals
- Responds to sounds or stimulation by vocalizing
- Babbles consonant chains- *baba-baba*
- Vocalizes attitudes instead of crying such as anger and joy
- Reacts to music by cooing

### At 9 months

#### Gross motor skills

- Sits independently for long periods of time
- Rolls back to tummy
- Lifts head when lying on back
- Bounces when placed in standing with support
- Begins to stand holding onto furniture
- Crawls backward and begins to crawl forward

#### Fine motor skills

- Keeps hands open most of the time
- Manipulates toys actively with wrist movement
- Reaches for objects with one hand
- Able to transfer objects from one hand to another
- Extends elbow to reach out for objects

#### Language skills

- Babbles double consonants
- Waves or responds *bye-bye*
- Shouts for attention
- Vocalizes in interjectional manner



If you have concerns with your child's motor development please contact us for a phone consultation. During the phone consultation we will gather as much information and may ask the results of the checklist. If we determine that your child is a candidate for a Physical Therapy Evaluation and you are in agreement we will assist with contacting your primary care physician.

When contacting your physician we will request an order for a Physical Therapy Evaluation and explain your concerns along with the results of the phone consultation. Once we receive the signed order we can initiate treatment with your child.

You can also go directly to your physician and discuss your concerns and request an evaluation at that time.

We look forward to assisting your child reach their maximal potential. Our goal is to work as a team to develop the most appropriate treatment plan.