



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 have difficulty following simple instructions? _____

Does your child have difficulty imitating actions and/or sounds? _____

Does your child have difficulty pushing a wheeled toy? _____

Does your child have difficulty jumping? _____



PEDIATRIC HOME HEALTH

DEVELOPMENTAL CHART

At 24 months

Gross motor skills

- Kicks ball forward
- Walks independently on 8 inch board
- Runs fairly well
- Moves on ride on toys without pedals
- Picks up toys from floor without falling
- Squats in play consistently
- Begins standing on tiptoes

Fine motor skills

- Imitates circular scribble
- Builds tower using 6 cubes

Language skills

- Uses own name to refer to self
- Imitates environmental sounds
- Attempts to sing songs with words
- Uses two-word sentences
- Uses nouns, verbs, and modifiers
- Uses intelligible words 65% of the time
- Names three pictures
- Imitates four word phrases

At 30 months

Gross motor skills

- Walks up and down stairs alone with both feet on one step
- Rides tricycle
- Catches large ball
- Jumps forward 8 to 14 inches
- Imitates one foot standing
- Walks on tip-toes a few steps
- Walks backward ten feet

Fine motor skills

- Snips with scissors
- Folds paper in half
- Holds crayon with thumb and finger

Language skills

- Uses three word sentences
- Uses past tense
- Names five pictures
- Uses expressive vocabulary of 50+ words
- Uses size words
- Imitates spontaneously or requests new words

At 36 months

Gross motor skills

- Walks upstairs alternating feet
- Hops on one foot
- Walks on tiptoes 10 feet
- Uses pedals on tricycle alternately
- Climbs jungle gym and ladder
- Jumps forward 24 to 34 inches
- Runs on toes

Fine motor skills

- Imitates a cross
- Makes spontaneous forms
- Copies a circle
- Builds tower using 9 cubes
- Snips on line using scissors

Language skills

- Answers questions
- Uses plurals
- Gets frustrated if not understood
- Names eight or more pictures
- Repeats words and sounds
- Participates in storytelling
- Recites a few nursery rhymes
- Asks questions beginning with *what*, *where*, *when*
- Uses intelligible words about 80% of the time



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/ Occupational/ Speech 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 the appropriate 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.