



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 consistently walk on toes? _____

Does your child trip or fall consistently? _____

Does your child typically opt out of physical activities with peers? _____

Does your child consistently get frustrated with physical activities? _____

Does your child prefer the company of adults or younger children over peers their age? _____



PEDIATRIC HOME HEALTH DEVELOPMENTAL CHART

At 4 years old

Gross motor skills

- Balances on one leg with hands on hips 5 seconds
- Stands on tiptoes for 10 seconds
- Kicks a stationary ball with a 2 step pattern
- Walks downstairs alternating feet and no handrail
- Jumps up at least 12 inches and lands on both feet

Fine motor skills

- Puts together simple puzzles
- Folds paper three times
- Cuts across paper following a curved line or circle

Language skills

- Names sounds heard in the immediate environment
- Identifies sounds, words just spoken
- Correctly answers questions concerning a message just spoken
- Carries on a conversation
- Asks questions using *is* and *have* forms – *is that a dog?*
- Names common objects and actions

At 5 years old

Gross motor skills

- Kicks a large ball while it is moving toward them
- Runs and changes directions without stopping
- Gallops forward
- Step-> hops for five feet
- Maintains momentum on swing
- Completes a forward somersault
- Rides tricycle maneuvering around obstacles

Fine motor skills

- Draws a square following a model
- Completes a picture of a stick person
- Matches 6 or more colors
- Cuts out pictures following general shape

Language skills

- Locates left and right
- Answers specific questions
- Names main idea after listening to a story
- Rephrases others' comments
- Acts out commands given
- Describes attributes of objects or items in pictures
- States the characteristics and attributes of an object or place

At 6 years old

Gross motor skills

- Stands up after lying on back without losing balance
- Walks down stairs carrying an object
- Runs through an obstacle course avoiding objects
- Hops forward x10 feet on either foot without assistance
- Skips forward
- Throws a ball ten feet overhand

Fine motor skills

- Matches letter that look very similar
- Draws a picture of at least 3 objects
- Cuts cloth/ other material with scissors

Language skills

- Makes facial expressions appropriate to spoken material
- Repeats story just heard maintaining original sequence
- Describes events of past and future experience in logical, sequential order
- Answers questions about a story
- Describes parts of a movie, TV show, live event or other audio/visual presentation



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.