

# Is Your Child on Track?

## Birth - 2 Months

Skill Areas	Typical Development	Red Flags
<b>Posture/ Gross Motor</b>	<ul style="list-style-type: none"> <li>• Has little to no voluntary control over body and often looks “floppy”</li> <li>• Begins to turn head side to side and kick legs when lying on back</li> <li>• Is beginning to support his/her own head</li> <li>• Begins to place slight weight on arms and lift head to 45 degrees when lying on stomach</li> </ul>	<ul style="list-style-type: none"> <li>• Appears very stiff</li> <li>• Does not begin to move head, arms and legs when fully supported</li> <li>• Does not like being placed on stomach</li> <li>• Can't lift head when on stomach</li> </ul>
<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Random motions with no pattern</li> <li>• Grasps reflexively when object is put in hand</li> <li>• Tightly fisted hands begin to open</li> </ul>	<ul style="list-style-type: none"> <li>• Arms are locked in fixed position when placed on back</li> <li>• Fingers remain tightly fisted</li> </ul>
<b>Sensory</b>	<ul style="list-style-type: none"> <li>• Cries when uncomfortable (hungry, wet, tired etc.)</li> <li>• Startles to unexpected noises and people approaching quickly</li> <li>• Briefly regards objects with strong contrast (e.g. black /white)</li> <li>• Eyes begins to follow an object that is moving</li> </ul>	<ul style="list-style-type: none"> <li>• Is inconsolable for much of day and night</li> <li>• Strong startle responses, remains inconsolable</li> <li>• Resists cuddling, arches away when held</li> <li>• Becomes very upset when moved</li> </ul>
<b>Eating</b>	<ul style="list-style-type: none"> <li>• Breast and/or bottle feeding developing without difficulties that impact nutritional intake</li> <li>• Coordinates sucking, swallowing and breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Difficulty latching on; poor suck; taking long time to feed</li> </ul>
<b>Self Care/ Sleep</b>	<ul style="list-style-type: none"> <li>• Completely dependent on primary caregivers</li> <li>• Beginning to develop patterns of sleeping and eating</li> </ul>	<ul style="list-style-type: none"> <li>• Excess fussing with bathing and/or diapering</li> </ul>
<b>Speech &amp; Language</b>	<ul style="list-style-type: none"> <li>• Startle response to sounds</li> <li>• Quieted by human voice, especially mother's</li> <li>• Frequently coos, gurgles, and makes pleasure sounds</li> <li>• Uses a different cry to express different needs</li> </ul>	<ul style="list-style-type: none"> <li>• Does not have startle response to sound source and/or overreacts</li> </ul>
<b>Social/ Play</b>	<ul style="list-style-type: none"> <li>• Regards caregivers</li> <li>• Demands personal attention</li> <li>• Enjoys being picked up; quiets when picked up</li> <li>• Enjoys interactions of short duration with caregiver</li> </ul>	<ul style="list-style-type: none"> <li>• Averts gaze in most social interactions</li> <li>• Does not show pleasure in interacting with people</li> </ul>



# Is Your Child on Track?

## 2 - 4 Months

Skill Areas	Typical Development	Red Flags
<b>Posture/ Gross Motor</b>	<ul style="list-style-type: none"> <li>• Is able to control head movements and turn head from side to side</li> <li>• Legs kick simultaneously when lying on back</li> <li>• Begins to extend back and lift head (90 degrees) when lying on stomach</li> <li>• Begins to bear weight on forearms when on stomach</li> </ul>	<ul style="list-style-type: none"> <li>• Control of head and neck is extremely limited</li> <li>• Strength and control are not increasing</li> <li>• Not tolerating tummy time</li> </ul>
<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Begins to reach for objects presented in front of them</li> <li>• May be able to hold objects for a short period of time</li> <li>• Brings toys and objects to mouth if put in hand</li> <li>• Looks at hands with interest</li> </ul>	<ul style="list-style-type: none"> <li>• Hands remain fisted most of the time</li> <li>• Hands are not meeting at midline of body</li> </ul>
<b>Sensory</b>	<ul style="list-style-type: none"> <li>• Has developed predictable quiet and fussy times during the day</li> <li>• Tolerates various positions and environments</li> <li>• Occupies self for short periods of time</li> <li>• Watches or follows people and objects as they move</li> </ul>	<ul style="list-style-type: none"> <li>• Inconsolable for much of day and night</li> <li>• Over stimulates easily with excess noise or people</li> <li>• Intolerant of being put down or resists being cuddled</li> <li>• Not following moving toy or person with eyes</li> </ul>
<b>Eating</b>	<ul style="list-style-type: none"> <li>• Breast and/or bottle feeding established without difficulty</li> <li>• Suckles very well; may lose some liquid as voluntary control improves</li> </ul>	<ul style="list-style-type: none"> <li>• Takes longer than 15 minutes to take bottle or breast</li> </ul>
<b>Self Care/ Sleep</b>	<ul style="list-style-type: none"> <li>• Completely dependent on primary caregivers</li> <li>• Begins to establish a regular sleeping pattern</li> </ul>	<ul style="list-style-type: none"> <li>• Excess fussing with bathing and/or diapering</li> </ul>
<b>Speech &amp; Language</b>	<ul style="list-style-type: none"> <li>• Localizes sound by turning head to source</li> <li>• Smiles when spoken to</li> <li>• Varies cry to express different needs</li> </ul>	<ul style="list-style-type: none"> <li>• Does not turn head towards sound source</li> <li>• Does not smile at caregiver</li> <li>• Is not making cooing noises</li> </ul>
<b>Social/ Play</b>	<ul style="list-style-type: none"> <li>• Smiles spontaneously and at familiar people</li> <li>• Longer endurance for simple interactions with caregivers</li> <li>• Laughs and smiles during physical play</li> <li>• Looks at you, moves, or makes sounds to get your attention</li> </ul>	<ul style="list-style-type: none"> <li>• Does not show obvious pleasure in interacting with people</li> </ul>



# Is Your Child on Track?

## 4 - 6 Months

Skill Areas	Typical Development	Red Flags
<b>Posture/ Gross Motor</b>	<ul style="list-style-type: none"> <li>Aligns head with body when pulled to sitting</li> <li>Brings hands to feet and feet to mouth when lying on back</li> <li>Raises head and chest to 90 degrees bearing weight on extended arms when on stomach</li> <li>Begins to roll from stomach to back</li> <li>Sits with support and independent sitting emerges</li> </ul>	<ul style="list-style-type: none"> <li>Head control poor</li> <li>Not actively moving when placed on stomach or back</li> <li>Not tolerating tummy time</li> <li>Not bearing weight on arms</li> </ul>
<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>Actively reaching with both hands</li> <li>Looks at object and reaches accurately</li> <li>Picks up small objects with whole hand</li> <li>Beginning to use thumb when grasping objects</li> </ul>	<ul style="list-style-type: none"> <li>Not actively reaching</li> <li>Is not focusing eyes to accurately reach</li> <li>Not bringing hands to midline of body</li> </ul>
<b>Sensory</b>	<ul style="list-style-type: none"> <li>Can regulate self for longer periods of time in various positions and environments</li> <li>Is curious and explores through motor activities</li> <li>Follows objects well with eyes</li> </ul>	<ul style="list-style-type: none"> <li>Is inconsolable most of the time</li> <li>Wants to be carried constantly or resists cuddling</li> <li>Over stimulates easily in social situations</li> <li>Seems uninterested in exploration</li> </ul>
<b>Eating</b>	<ul style="list-style-type: none"> <li>Breast and/or bottle feeding well established</li> <li>Beginning to eat pureed cereals/baby foods (5 months)</li> </ul>	<ul style="list-style-type: none"> <li>Significant gagging or total refusal with introduction of new foods</li> </ul>
<b>Self Care/ Sleep</b>	<ul style="list-style-type: none"> <li>Is still completely dependent on primary caregivers</li> <li>Differentiates day and night. Can sleep 8-10 hours without eating</li> </ul>	<ul style="list-style-type: none"> <li>Excess fussing with bathing, and/or diapering</li> </ul>
<b>Speech &amp; Language</b>	<ul style="list-style-type: none"> <li>Listens to speech</li> <li>Vocalizes displeasure</li> <li>Discriminates between strangers and familiar people</li> <li>Babbles a string of consonants (bababa) (6 months)</li> <li>Uses p / b / m sounds when babbling</li> <li>Varies pitch and volume</li> </ul>	<ul style="list-style-type: none"> <li>Do not indicate through sound or gesture that they want or dislike something</li> <li>Babbling does not contain vowels or consonant sounds</li> </ul>
<b>Social/ Play</b>	<ul style="list-style-type: none"> <li>Smiles when spoken to</li> <li>Smiles at image in mirror</li> <li>Smiles and reaches towards familiar people</li> <li>Enjoys varied interactions</li> <li>Beginning to enjoy simple games (peek-a-boo)</li> </ul>	<ul style="list-style-type: none"> <li>Not showing pleasure interacting with people</li> <li>Does not show interest in interactive games</li> </ul> 