

Developmental Timeline



0-6 Months

Hand Skills

- At around **8 - 12 weeks** your baby will start to bring hands together and play with their fingers. Hands will go into their mouth and they might start to reach for objects.
- At around **4 months** baby will be able to reach for objects, grasp them and bring them to their mouth.
- By **5 months** baby might be able to hold objects in one hand and transfer it to the other.
- At **6 months** your baby will use all their fingers together to pick up objects, poke objects with their index finger and banging objects on the floor or their tray.

Play Skills

- By around **3 months** your baby will be interacting with you and you might be able to play simple games where baby will mimic your facial expressions such as copying you poking your tongue out or have a two way babble conversation.
- Up to around **four months** your baby's independent play will mainly consist of trying to put items into their mouths. Your baby's play will be very repetitive and he will enjoy doing the same things over and over again. This is the first stage of investigating the world and understanding how it works.
- At **five months** your baby will enjoy movement through songs and actions, she might start to drop toys on the floor and enjoy your reaction.
- At around **6 months** your baby will enjoy banging items on the floor or her high chair tray. She might also enjoy holding different items up to her face and inspect them very carefully.

Feeding Skills

- Weaning is generally recommended at around **6 months** although this will vary depending on your child.
- At around **6 months** you will notice that your baby will start to try to hold their bottle and pat at it when being fed.

Sitting Skills

- At around **6 months** your baby will start to sit on the floor when placed in that position for short periods of time.

Tummy Time

- During the first 6 months tummy time is vital. Some babies love tummy time but other will cry. It is important for your baby to go on their tummy for very short periods of time to develop their shoulder, core and pelvic strength that is key for all future movement.
- At **8 - 12 weeks** you baby will lift his head when on his tummy and by **4 months** will prop on his fore arms to lift his chest of the floor for short periods of time.

- At around **4-5 months** your baby will start to try to roll from tummy onto back.
- Around **6 months** your baby will start to roll from the tummy onto their back and back again. When on her tummy she might start to pivot herself around using her arms.

Social Interactions

- By **2 months** your baby will begin to develop a social smile.
- At **3 months** your baby will be interacting with you, babbling and attempting to imitate sounds.
- At **four months** your baby will laugh socially and smile at themselves in a mirror.
- At **5 months** your baby will start to understand the difference between happy and angry, enjoy interactive play and become weary of strangers.
- At **6 months** your baby will become distressed when you leave the room. He will also start to recognise objects and understand what they are used for - for example become excited about being fed when they see a spoon or bottle.

6-12 Months

Hand Skills

- **7 - 8 months** your baby will start to use her thumbs whilst gripping objects.
- Between **9 - 10 months** your baby will continue to develop different ways to grip objects, she will be able to pick up small objects and release them in a controlled and precise fashion.

Play Skills

- By **7 - 8 months** your baby will hold two items and bang them together.
- At around **9 - 10 months** your baby will also play simple games with you such as peek-a-boo. He will respond, anticipate and participate with pleasure. He will hold out and point to objects to show you.
- By **12 months** your baby will start to use objects and toys in appropriate ways. Of example he will cuddle a teddy bear or if you give him a brush he will attempt to brush his hair. He will be able to stack one item on top of another and put objects into a container. He will try to help you to turn the pages of a book when reading her a story. At **12 months** your baby might also start to mark make with a crayon or start to roll and throw a ball if this is of interest.

Feeding Skills

- At **7 - 8 months** your baby will be finger feeding, he should enjoy holding food and putting it into his mouth. He should also be able to drink from a sippy cup with help.
- **9 - 10 months** your baby can hold a spoon independently and trying to feed themselves with it. He will not be able to turn the spoon effectively for a few more months so expect a lot of mess.
- By **12 months** your baby will be more efficient with a spoon and making less mess.

Dressing Skills

- At around **9 - 10 months** your baby will start to help with dressing. She might start lifting her foot up when you are putting her socks on.

- By **11 - 12 months** she will offer all her limbs to assist you whilst dressing.

Sitting Skills

- At around **7 - 8 months** your baby will be able to sit unsupported for a few minutes.
- By **9 - 10 months** your baby will prefer to sit to play and can stay in this position for around 10 minutes.

Mobility Skills

- At **7 - 8 months** she will be experiment with crawling, getting into the crawl position and rocking backwards and forwards. She will also begin exploring different ways of moving herself around on the floor by wiggling, rolling and commando crawling.
- By **9 - 10 months** she will be able to change positions from lying to sitting and attempt to kneel and pull themselves up into standing against furniture, often coming back down with a bump.
- Around **11 - 12 months** baby can sit down from standing in a more controlled manner, without the bumping. Your baby will be able to cruise around the furniture or walk while you hold her hand, she might take her first few independent steps and might be able to stand without holding on to something for around 3 - 5 seconds.

Social Interactions

- At **7 - 8 months** your baby will now consistently respond to their own name.
- At **9 - 10 months** your baby understands and obeys some instructions... enjoy it - it won't last long. At **12 months** your baby will suffer significant mood swings laughing one minute then crying the next. He will be affectionate towards familiar people but remain shy of strangers.

12-18 Months

Hand Skills

- By **15 months** your toddler will be using their hands to explore how objects work. She can confidently pick up tiny objects between finger and thumb and hold two objects in one hand.
- By **18 months** your toddler will be using both hands in a more coordinated way using one hand to hold an object steady and the other to manipulate it.

Play Skills

- At **15 months** your toddlers building skills are developing and they should be able to stack 3 objects on top of one another. She will enjoy mark making on paper (and other surfaces) when given the right tools.
- Around **18 months** your toddler will start to engage in parallel play activities where they will happily play alongside other children but not with them. She will start to copy adult activities such as feeding a doll. She will also be able to turn several pages in a book independently when meaning to only turn one page, will be able to watch you draw a signal straight line and copy you, kick a ball without any aim and may enjoy pulling a toy on a string behind her when walking.

Feeding Skills

- By **15 months** your toddler will use their spoon with much more success. She will also pick up a cup and drink with both hands and not spill much.

- At **18 months** your toddler is likely to start refusing foods. This is called the Neophobic phase and can be very challenging. See the resources section of our website for strategies to support with this phase.

Dressing

- At **15 months** your toddler will remove their socks independently.

Toileting

- At **18 months** your toddler may be beginning to show signs of urgent toilet needs for example becoming restless or squirming. They may also let you know if they have a wet or soiled nappy.

Mobility

- At round **15 months** your toddler may now be choosing to walk more than crawl. He will walk with feet wide apart and might hold their hands up high to help with balance. He will frequently fall as much as 17 times per hour. Starting to walk is easy, stopping is much more difficult and he might be stopping himself by bumping himself to the floor. Push along toys, such as trolleys and prams, will help improve confidence in walking.
- At **18 months** your child will be increasing his walking speed and confidence changing direction. He might start trying to climb up onto a chair and to manage stairs one step at a time with hands held.

18-24 Months

Hand Skills

- Your toddler is able to string a large bead onto a piece of string, open a door by turning the handle and flick switches on and off.
- Your toddler will start to show a hand preference but still use both hands for most tasks.

Play Skills

- Your toddler will enjoy sitting on moving toys and scooting forward with their feet. She will start exploring different surfaces and be more confident playing outside. She will enjoy using slides, swings, roundabouts, trampolines and climbing frames but at first need lots of help and encouragement.
- Building skills will continue to improve and you toddler can now build a tower of 6 blocks.
- By 2 years your child will start to develop their turn taking skills and some early imaginative play by pretending an object is something else, for example use building blocks as cars.
- Again by 2 years your child should be able to match a square, circle and triangle in a form board.

Feeding Skills

- Your toddler can now use a spoon making little mess.

Dressing

- Your toddler can now pull on a hat and loose fitting shoes off.

Toileting

- Your toddler will continue to show signs of needing the toilet for example becoming restless or squirming. She can also let you know if they have a wet or soiled nappy.

Pencil Skills

- After watching you draw a circle your toddler will be able to make circular scribble.

Mobility Skills

- Walking will now be the main way of getting around. He will be able to go up on tip toes to reach up high. He will be able to manage a couple of steps without adult support but will use the wall or handrail. By 2 years your toddler might start to try running.

2-3 Years

Hand Skills

- Your child can now roll, squeeze and pull play doh into shapes.
- Hand dominance should be strong and she should be using one hand consistently.

Play Skills

- Your child will enjoy sit and ride on toys and be able to scoot themselves along with their feet.
- She will love exploring the world, climbing on furniture and reaching up high.
- She knows where things belong and should be able to help tidying after play.
- At around 3 years she will start to share toys and participate in pretend play. She should be happier taking turns and begin to follow rules in game.

Feeding Skills

- He will be able to fill a spoon by pushing the point of the spoon into food.
- He will start to develop his skills with a fork stabbing and shovelling food but will not use a spoon and fork together yet.

Dressing

- Your child can now lift their leg and balance for a second or two to help get dressed.
- He will be able to pull his pants up and down and pull on a coat but not manage fastenings.
- By 3 years your child can undress themselves.

Toileting

- Your child is starting to use the toilet or potty with assistance. Some will have developed bladder control during the day.

Self-Care Skills

- Your child is able to wash her hands and attempt to brush her teeth.

Pencil Skills

- Your child can now **copy** vertical, horizontal and circular lines. A little later she will be able to draw a +

- If she has drawn a picture she will be able to tell you what is happening in it.

Scissor Skills

- He will be able to snip into a piece of paper with safety scissors.

Ball Skills

- Your child can kick a large ball, pick up and throw over arm but catching is still developing.

Mobility Skills

- Your child will have mastered running around safely, most of the time.
- He will be able to go up the stair using one foot per step whilst holding onto a rail but coming down will still be tricky.

3-4 Years

Hand Skills

- Your child is able to string small beads and place small pegs into holes.

Play Skills

- Your child will be able to do a simple jigsaw of 2 - 4 pieces and more complex form boards.
- She will be able to climb a ladder on a climbing frame and come down the slide by themselves.
- She can now pedal a trike and start to use a scooter.
- By 4 years old she will be able to match and sort colours, sizes and shapes.
- She will start to play with other children in small groups and begin to take turns.

Feeding Skills

- She will feed herself without any difficulties, using a spoon and fork separately.
- She will fill the spoon by pushing the head of the spoon into food and will start to rotate it.
- Will be able to lift and open cup to drink with one hand.

Dressing

- Your child might start to choose his own clothes.
- He will be able to remove all his clothes.
- He can pull on loose t-shirts and trousers but likely to require help orienting it correctly.
- He will need help with fastenings.
- He will tell you if clothes are uncomfortable, tight or itchy.

Toileting

- She will go to the toilet independently but will need to be reminded to wipe her bottom, flush and wash hands for a long time. She should have full bladder control.

Self-Care

- He should be able to brush his own hair with supervision.
- Will attempt to brush teeth but you will probably need to make sure it's finished properly.

Pencil Skills

- Your child will be able to copy you draw a square.

Ball Skills

- Your child can catch a large ball and throw it (accuracy will continue to improve).
- He can kick a ball with more force (over 2 meters).

Mobility

- Your child can now climb 3 - 4 stairs one foot at a time without holding on. She will be more confident coming down the stairs, two feet to a step.

4-5 Years

Hand Skills

- Your child is now able to touch each finger with his thumb in turn.
- He can complete a 9 piece puzzle and lace a sewing card using a running stitch.

Play Skills

- She will be able to play happily with a group of 4 or 5 other children and develop friendships.
- She will begin to play games with simple rules and turn taking will improve.

Feeding

- She will be able to use a fork and spoon effectively together.
- Will start to hold cutlery in fingers rather than palmer.
- She can drink through a straw whilst holding a cup in one hand.
- Can pour a drink or milk from a carton.

Dressing

- He can put on trousers and pull on socks although they are likely to be twisted.
- He can now pull a zip up when the bottom is attached together and a little later will be able to undo it completely independently.
- He may be able to undo larger, front facing buttons that he can see. He will struggle to do up buttons in awkward positions or those he can't see.
- He can orientate most clothing to be the correct way round.

Toileting

- Your child can wipe themselves after going to the toilet.

- Accidents will reduce as he is more aware of bodily sensations.

Self-Care

- She can brush her own hair and dry her body with a towel.
- She can help with washing her hair.
- Still require supervision to brush teeth properly but is improving.

Pencil Skills

- Lots of children will have no interest in writing at this age as it still has no purpose for them, however, if he is interested he will be able to copy X, V, H, T and O. He might be attempting to write his name.
- Drawing might be more interesting to him and he can draw a person with recognisable features beginning to emerge. By 5 years he will be able to draw a recognisable face.

Scissor Skills

- She will be able to cut out a square shape with reasonable accuracy and attempt to cut a circle.

Ball Skills

- She can now throw, catch, bounce and kick a ball. She might be able to manage this with a tennis ball.
- She will start to enjoy specific ball games.

5-7 years

Hand Skills

- She will be able to manipulate a range of objects skilfully such as opening a lunch box, undoing a zip lock bag or opening a pack of crisps.

Play Skills

- Playing with 4 or 5 children in a group.
- Possibly able to ride a bike.

Feeding Skills

- Feeding self independently.
- Preparing simple meals (e.g. cereal).
- She will be able to spread soft butter and jam using a knife.
- Will be able to cut meat at around 6 - 7 years.
- Can carry a glass without spilling.

Dressing

- She will be dressing independently - top buttons, shoe laces and ties will be difficult.

Toileting

- Your child will be fully toilet trained and able to meet their hygiene needs. However, they may often neglect this out of choice and require prompting to wipe properly, flush or wash hands.

Pencil Skills

- Handwriting will be mostly legible, most letters appropriately formed, staying close to lines, spaced efficiently.

Scissor Skills

- Able to use scissors to cut a range of simple shapes.

Self-Care Skills

- Showering independently, although your child may prefer and insist on a bath instead.
- Prepares toothbrush by wetting in and applying toothpaste, brushes teeth thoroughly.

School Skills

- She will be able to follow simple school routines such as putting a bag away, putting drinks bottles in the right place and transitioning between activities.
- She will be able to sit at a desk for short periods of time, follow teacher instructions and independently completing class tasks.
- She will be able to tolerate a busy and noisy environment such as the lunch hall.

7-11 years

Hand Skills

- Full range of hand skills.
- Able to manipulate most objects with skill.

Feeding Skills

- Able to feed self independently.
- Able to make simple meals such as sandwiches, beans on toast, cups of tea.

Play

- Plays in large groups.
- Plays games and sports with rules.
- Able to ride a bike.

Dressing

- Dressing self independently.
- Can tie shoes and tie if practiced regularly.

Toileting

- Capable of managing hygiene independently.

- Will sometimes need prompting to clean self, flush and wash hands.

Handwriting

- Fully legible.
- Mature and dynamic pencil grip.

Scissors

- Able to cut complex shapes with ease.

Self-Care Skills

- Showering independently.
- Will be able to brush out tangled hair and will use mirror to check style.
- Brushing teeth independently - will probably need prompting to do it.

School Skills

- Able to plan and prepare for school independently.
- Able to use tools and calculator without difficulty.
- Able to navigate around school independently.

Community Access

- Developing money skills to pay for items in shops independently.
- Starting to access public transport.
- Accessing groups and clubs with friends.