One of the thrills of parenthood is watching your child develop motor and language skills. The milestones listed in this brochure provide you with a series of accomplishments you can expect to see in your child from birth through age five. The achievements are based on average childhood growth, so your child may take less or more time to reach certain stages. However, if you are concerned about the pace at which your child is reaching these milestones, please bring it to the attention of your physician.

This development guide is brought to you by the Northwoods Medical Center, an off-site facility of Morton Hospital and Medical Center where all outpatient rehabilitation services (physical, occupational, speech therapies and audiology) are located.

Speech, Hearing & Language Center

Speech Pathologists address delays in speech/ language and feeding problems. Audiologists assess hearing status.

If you have any concerns regarding your child's speech/ language or hearing development, discuss them with your your pediatrician. Feel free to call us with any additional questions at:
Phone: (508) 823-3050
Fax: (508) 828-5858

Rehabilitation Services Department

Physical therapists address walking, running and balance problems.

Occupational therapists work on coordination activities like writing, cutting and dressing, as well as normalizing sensitivity to sights, sounds and touch.

If you have any questions regarding your child's motor development, please call:
Phone: (508) 828-7265
Fax: (508) 824-1171

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Directions

From Providence:

Take Route 95N to Route 495S. Take exit 9, Bay Street. Turn right off the exit ramp. Northwoods Medical Center will be on your left at the second traffic light.

From Middleboro & Cape Cod:

Take Route 495N to exit 9, Bay Street. Turn left at the end of exit ramp. Northwoods Medical Center will be on your left at the second traffic light.

From Boston/Brockton:

Take Route 24S to Route 495N to exit 9, Bay Street. Turn left at end of exit ramp. Northwoods Medical Center will be on your left at the second traffic light.

From Fall River/New Bedford:

Take Route 24N to Route 495N to exit 9, Bay Street. Turn left at end of exit ramp. Northwoods Medical Center will be on your left at the second traffic light.

Morton Hospital
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Steward

Developmental Milestones in the Life of Your Child

Northwoods Medical Center
2005-2007 Bay Street
Taunton, MA 02780

Morton Hospital
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Steward

Birth–3 months

- Is startled by loud sounds
- On stomach, turns head to side
- Thrusts arms and legs in play
- Holds head in midline for 10 seconds
- Lifts head off surface when on tummy

Birth–6 months

- Notices toys that make sounds
- Holds rattle briefly
- Moves toys from one hand to the other
- Bangs toy on table
- Rolls first from tummy to back, then back to tummy
- Sits alone for up to 60 seconds
- Lifts arm while on tummy

7–12 months

- Directly locates sound source with head turn
- Recognizes his/her own name
- Understands "no"
- Gives a toy on request
- Uses "mama" and "dada"
- Opens hand to let go of toy
- Bangs two toys together
- Pokes with index finger
- Scribbles spontaneously
- Builds two block tower
- May pull to stand
- Moves from sitting to tummy, then tummy to sit
- Starts to creep

1–1½ years

- Uses 10 – 20 words
- Combines two syllables, such as "all gone"
- Points to three body parts on request
- Brings object from other room when asked
- Puts pegs in pegboard
- Creeps up and down three steps
- Walks upstairs holding rail
- Walks independently

1½–2 years

- Listens to rhymes and songs
- Understands simple questions and commands
- Uses 2 – 3 word combinations
- Names 5 – 10 pictures
- Has up to 300 word vocabulary
- Copies circles
- Snips with scissors
- Stoops to pick up toy
- Runs

2–2½ years

- Follows two-part requests
- Gives first name
- Understands "last night," "tomorrow"
- Uses 3 – 4 word sentences
- Has a 450 word vocabulary
- Builds a nine block tower
- Prefers to use one hand
- Cuts paper in half
- Traces a cross and a square

2½–3 years

- Understands "in/on/under," "big/little," "one/all," "summer," "lunchtime"
- Can tell a story
- Uses (m, n, ng, p, f, h, w) in words
- Has a 1,000 word vocabulary
- Walks backward
- Jumps in place
- Climbs
- Catches a ball

3–4 years

- Points to colors
- Hears when called from another room
- Uses past tense and contractions
- Uses (y, k, b, d, g, r) in words
- Uses complex 4 – 5 word sentences
- Answers "WH" questions
- Prints letters
- Cuts a circle
- Copies a square and circle
- Ties a knot

4–5 years

- Understands "same/different"
- Pays attention to stories
- Uses most speech sounds
- Snaps fingers
- Copies diagonal strokes
- Colors within the lines
- Draws a seven-part person
- Pedals a tricycle
- Hops on one foot
- Runs and kicks

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