

Child and Family Health Service

WATCHING YOUR CHILD'S DEVELOPMENT

Children develop at different rates. Use this developmental milestone list to keep track of your child's development. Any concerns you may have can be discussed at your child's preschool health assessment.

Please complete this form and bring to your child's appointment.

Child's Name:

DOB: / / (please tick the boxes if achieved)

Preschoolers Milestones	Age Range	
Communication (Learning to talk and connect)	Years-Months	Months
<input type="checkbox"/> Takes turns when talking with others	3yr – 4 yr 2mths	36 - 50 mths
<input type="checkbox"/> Uses 'I' 'me', & 'mine'	3yr – 4 yr 2mths	36 - 50 mths
<input type="checkbox"/> Understands some 'time' words such as 'morning', 'afternoon', 'today', 'tomorrow'	3yr – 4 yr 2mths	36 - 50 mths
<input type="checkbox"/> Uses sentences of about 6 words with mostly correct grammar	3yr 6mths – 4yr 6mths	42 - 54 mths
<input type="checkbox"/> Speaks clearly enough to be understood by anyone	3yr 6mths – 4yr 6mths	42 - 54 mths
<input type="checkbox"/> Uses language when playing with other children	4yr – 5yr	48 - 60 mths
<input type="checkbox"/> Talks about things that are happening, have happened or might happen	4yr 6mths – 5yr 6mths	54 - 66 mths
<input type="checkbox"/> Explains why something happens such as "Mum's car stopped because the petrol ran out"	4yr 6mths – 5yr 6mths	54 - 66 mths
<input type="checkbox"/> Follows 3 directions such as 'stand up', 'get your bag' and 'wait by the door'	4yr 6mths – 5yr 6mths	54 - 66 mths
<input type="checkbox"/> Say how they feel	4yr 6mths – 5yr 6mths	54 - 66 mths
Gross motor (Learning to move and be active)		
<input type="checkbox"/> Can jump off 2 steps and land with feet together	2yr 8mths – 4yr 2mths	32-50 mths
<input type="checkbox"/> Can climb on play equipment	3yr – 4yr	36-48 mths
<input type="checkbox"/> Can balance on either leg for 3 seconds	3yr – 4yr	36-48 mths
<input type="checkbox"/> Can hop 3 times on 1 foot	3yr – 4 yr 2mths	36-50 mths
<input type="checkbox"/> Can run fast outdoors avoiding obstacles	3yr – 4 yr 2mths	36-50 mths
<input type="checkbox"/> Can jump over low objects without falling	3yr – 4 yr 2mths	36-50 mths
<input type="checkbox"/> Can kangaroo hop with 2 feet together	3yr – 4yr 6mths	36-54 mths
<input type="checkbox"/> Can walk down stairs using alternate feet	3yr – 4yr 6mths	36-54 mths
<input type="checkbox"/> Can run to kick a medium sized ball	3yr 4mths - 4yr 2mths	40-50 mths
Vision/Fine motor (Learning to use their hands)		
<input type="checkbox"/> Can hold a pencil with their finger and thumb	3yr – 4yr 6mths	36-54 mths
<input type="checkbox"/> Can pour liquid from a small container	3yr – 4yr 6mths	36-54 mths
<input type="checkbox"/> Can put on shoes and socks without help	3yr 6mths – 4yr	42-48 mths
<input type="checkbox"/> Can string 11 small beads	3yr 8mths – 4yr 2mths	44-50 mths
<input type="checkbox"/> Can copy a ladder and square	4yr – 4yr 8mths	48-56 mths
<input type="checkbox"/> Can use child safe scissors to cut out shapes	4yr – 5yr	48-60 mths
<input type="checkbox"/> Can fold paper in half with edges meeting	4yr 2mths – 4yr 10mths	50-58 mths
<input type="checkbox"/> Can wash face and hands without help	4yr 2mths – 5yr	50-60 mths
<input type="checkbox"/> Can begin to write the letters of their name	4yr 4mths – 5yr	52-60 mths
<input type="checkbox"/> Can draw a recognisable face with eyes, nose, mouth	4yr 8mths – 5yr 3mths	56-64 mths
Problem solving (Learning to work things out)		
<input type="checkbox"/> Knows proper place for own things	2yr 6mths – 4yr 4mths	30-52 mths
<input type="checkbox"/> States opposites such as 'big' and 'little' 'high' and 'low', 'wet' and 'dry'	3yr – 5yr	36-60 mths
<input type="checkbox"/> Takes the middle block from a line of 5 blocks	3yr 9mths – 4yr 6mths	45-54 mths
<input type="checkbox"/> Correctly repeats a number with 4 digits (such as 5816 or 4952)	3yr 10mths – 4yr 2mths	46-50 mths
<input type="checkbox"/> Counts 10 blocks pointing to each block without any mistakes	4yr – 5yr	48-60 mths
<input type="checkbox"/> Gives a reason why an object or pictured object does not belong with the other 4	4yr 6mths – 5yr	54-60 mths
<input type="checkbox"/> Places 4 pictures in sequence	4yr 6mths – 5yr 2mths	54-62 mths
<input type="checkbox"/> Finds 2 objects in a picture and connects them with a line	4yr 8mths – 5yr 2mths	56-62 mths
Personal/Social (Learning to be sociable)		
<input type="checkbox"/> Can separate from their parents without crying	3yr – 4yr 6mths	36-54 mths
<input type="checkbox"/> Understands the meaning of right and wrong	3yr 6mths – 4 yr 2mths	42-50 mths
<input type="checkbox"/> Dresses and undresses themselves including buttons, shoes and socks, but not zips	3yr 8mths – 5yr 5mths	44-65 mths
<input type="checkbox"/> Eats different types of foods	4yr – 4yr 6mths	48-54 mths
<input type="checkbox"/> Uses the toilet independently	4yr – 4yr 8mths	48-56 mths
<input type="checkbox"/> Remains calm if change or disappointment occurs, and no remedy is possible	4yr 1mth – 4yr 7mths	49-55 mths
<input type="checkbox"/> Attends to a task for 10 minutes without supervision	4yr 1mth – 5yr	49-60 mths
<input type="checkbox"/> Have special friends that they like to play with	4yr 2mths – 5yr	50-60 mths
<input type="checkbox"/> Behave according to the peer group in moderately structured situations	4yr 2mths – 5yr	50-60 mths