

# Year 1 Quick-Screen

\*These are generally accepted developmental guidelines. Some milestones may vary 1-2 months.



Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Date of Screening: \_\_\_\_\_

Age	Gross Motor	Fine Motor	Social	Language
1 Month	<ul style="list-style-type: none"> <li><input type="checkbox"/> Thrusts arm/legs: bilateral &amp; symmetrical</li> <li><input type="checkbox"/> Wiggles/kicks</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Looks at objects/faces</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Social smile</li> <li><input type="checkbox"/> Makes eye contact; fixates for few seconds</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cries</li> </ul>
2-3 Months	<ul style="list-style-type: none"> <li><input type="checkbox"/> Makes smoother movements with arms/legs (2M)</li> <li><input type="checkbox"/> Raises head and chest when lying on stomach (2M)</li> <li><input type="checkbox"/> Supports upper body with arms when lying on stomach (3M)</li> <li><input type="checkbox"/> No longer clenches fists; opens and closes hands (3M)</li> <li><input type="checkbox"/> Pushes down on legs when feet are placed on a firm surface (3M)</li> <li><input type="checkbox"/> Starts to roll in corkscrew fashion; initiated from pelvis (3M) *Spinal Galant integration</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fascinated by looking at their hands (2M)</li> <li><input type="checkbox"/> Begins to briefly hold an object (2M)</li> <li><input type="checkbox"/> Grasps; holds &amp; shakes objects put in hands (3M)</li> <li><input type="checkbox"/> Follows moving objects with eyes side to side (3M)</li> <li><input type="checkbox"/> Holds up hand and looks at it (3M)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Begins to smile at people (2M)</li> <li><input type="checkbox"/> Recognizes familiar objects and people at a distance (3M)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Makes gurgling sounds (2M)</li> <li><input type="checkbox"/> Turns head toward sounds (2M)</li> <li><input type="checkbox"/> Laughs out loud, babbles, squeals (3M)</li> </ul>
4-6 Months	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pivots around when lying on stomach (4M)</li> <li><input type="checkbox"/> Rolls from stomach to back (5M)</li> <li><input type="checkbox"/> Rolls from back to stomach corkscrew fashion initiated from shoulders (6M)</li> <li><input type="checkbox"/> Head may still flop with pull-to-sit (up to 6M)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Puts objects in mouth (4M)</li> <li><input type="checkbox"/> Picks up objects with one hand (5M)</li> <li><input type="checkbox"/> Transfers objects from one hand to the other (6M)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Smiles at own reflection in mirror (4M)</li> <li><input type="checkbox"/> Responds differently to caregivers &amp; strangers (5M)</li> <li><input type="checkbox"/> Reaches for familiar person/expresses desire to be picked up (6M)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "Ah-goo" (4M)</li> <li><input type="checkbox"/> Responds to voices; turns head toward voice (5M)</li> <li><input type="checkbox"/> Responds to own name, turns and looks (6M)</li> </ul>

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Age	Gross Motor	Fine Motor	Social	Language
7-9 Months	<ul style="list-style-type: none"> <li>○ Sits without support; lateral push pattern (7M)</li> <li>○ Crawls forward on belly; army crawl (8M)</li> <li>○ Rocking on all fours (STNR integration); starts to crawl on hands &amp; knees in cross pattern (9M)</li> </ul>	<ul style="list-style-type: none"> <li>○ Holds object in each hand at the same time; brings them together to midline (7M)</li> <li>○ Prehensile grasp both hands; picks up small objects using broad contact of thumb and index finger (8-9M)</li> </ul>	<ul style="list-style-type: none"> <li>○ Gets upset/cries if left alone (7M)</li> <li>○ Plays "peek-a-boo" (8M)</li> <li>○ Waves "bye-bye" (9M)</li> </ul>	<ul style="list-style-type: none"> <li>○ Makes sounds like: da, ba, ka, ma (7M)</li> <li>○ Makes sounds like: ma-ma-ma, da-da-da (8M)</li> <li>○ Copies sounds and gestures of others (9M)</li> </ul>
10-12 Months	<ul style="list-style-type: none"> <li>○ Crawls on all fours in cross pattern (10M)</li> <li>○ Cruises while holding onto the furniture (11M)</li> <li>○ Goes from sitting to crawling; stands alone briefly (12M)</li> </ul>	<ul style="list-style-type: none"> <li>○ Places smaller objects into larger objects; stacks cups (10M)</li> <li>○ Places multiple medium-sized objects (i.e. blocks) into a container; pulls things apart and puts them back together (11M)</li> <li>○ Pincer grasp; picks up small objects using tip of thumb and index finger, turns pages in book a few at a time (12M)</li> </ul>	<ul style="list-style-type: none"> <li>○ Understands and follows simple, one-step commands, such as "wave bye-bye" or "clap your hands" (10M)</li> <li>○ Points to familiar objects like the family dog; shows a longer attention span (11M)</li> <li>○ Imitates acts such as hugging or loving a doll/stuffed animal (12M)</li> </ul>	<ul style="list-style-type: none"> <li>○ "Engages" in conversations. For instance, respond to her babbles with "Really?" or "That's so interesting!" (10M)</li> <li>○ Babbling sounds more like conversation; may try to say words a few words such as "dada" or "mama" (11M)</li> <li>○ Says "dada" &amp; "mama"; tries to imitate words (12M)</li> </ul>

Additional Notes:

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