

Developmental Domain 2: Physical Development and Health

Gross Motor **GM**

Children demonstrate strength, coordination, and controlled use of large muscles .

- 1 Birth to 9 months **GM.1**
 - 1 Lifts head while on tummy **GM.1.1**
 - 2 Brings feet to mouth while lying on back **GM.1.2**
 - 3 Rolls from back to stomach and from stomach to back **GM.1.3**
 - 4 Brings both hands to midline, i.e., center of the body **GM.1.4**
 - 5 Begins to gain balance, e.g., sits with and without support **GM.1.5**
 - 6 Scoots body to attempt to move from one point to another **GM.1.6**
- 2 7 months to 18 months **GM.2**
 - 1 Moves from hands and knees to a sitting position **GM.2.1**
 - 2 Rocks back and forth on knees **GM.2.2**
 - 3 Crawls from one point to another **GM.2.3**
 - 4 Pulls to a stand using help from furniture or caregiver **GM.2.4**
 - 5 Moves objects with large muscles, e.g., pushes a toy car with legs, rolls a ball **GM.2.5**
 - 6 Cruises while holding on to furniture, e.g., walks around crib, holding on to railing **GM.2.6**
 - 7 Briefly maintains balance when placed in a non-supported standing position **GM.2.7**
 - 8 Takes steps independently **GM.2.8**
 - 9 Gets into a standing position without support **GM.2.9**

3 16 months to 24 months **GM.3**

- 1** Attempts to climb objects, e.g., furniture, steps, simple climbing structures **GM.3.1**
- 2** Holds objects or toys while walking, e.g., pulls a car by a string while walking around the room **GM.3.2**
- 3** Kicks and attempts to catch a ball **GM.3.3**
- 4** Rides a toy by using his or her hands or feet **GM.3.4**

4 21 months to 36 months **GM.4**

- 1** Stands on one foot with support and maintains balance for a brief period of time **GM.4.1**
- 2** Jumps forward a few inches; jumps from slightly elevated surface onto the ground **GM.4.2**
- 3** Walks up and down the stairs by placing both feet on each step **GM.4.3**
- 4** Throws a ball **GM.4.4**
- 5** Walks on tiptoes, walks backward, and runs **GM.4.5**
- 6** Pedals a tricycle with both feet **GM.4.6**

Fine Motor **FM**

Children demonstrate the ability to coordinate their small muscles in order to move and control objects.

1 Birth to 9 months **FM.1**

- 1** Opens hands when in a relaxed state **FM.1.1**
- 2** Reaches for objects **FM.1.2**
- 3** Grasps, holds, and shakes objects **FM.1.3**
- 4** Transfers an object from one hand to the other **FM.1.4**
- 5** Uses raking motion with hands to bring objects closer, e.g., uses all fingers to bring small objects closer to body **FM.1.5**
- 6** Holds a small object in each hand; bangs them together **FM.1.6**

2 7 months to 18 months **FM.2**

- 1 Picks up objects **FM.2.1**
- 2 Uses pincer grasp, e.g., picks up a Cheerio with thumb and forefinger **FM.2.2**
- 3 Begins to use simple baby signs (if exposed to baby sign language), e.g., moves hands toward each other to signal more **FM.2.3**
- 4 Uses hands in a purposeful manner, e.g., turns the pages of a board book, drops objects into a bucket **FM.2.4**
- 5 Coordinates increasingly complex hand movements to manipulate objects, e.g., crumples paper, connects and disconnects toy links, flips light switch on and off **FM.2.5**
- 6 Participates in finger plays, e.g., moves hands to imitate caregiver's hands when singing "Twinkle, Twinkle, Little Star" **FM.2.6**

3 16 months to 24 months **FM.3**

- 1 Attempts to fold various types of materials, e.g., paper, baby blanket **FM.3.1**
- 2 Uses baby sign to communicate various concepts, e.g., "all done," "more," "water" **FM.3.2**
- 3 Uses simple tools, e.g., scooper to scoop sand or water, crayon for scribbling **FM.3.3**
- 4 Begins to imitate lines and circles when drawing **FM.3.4**
- 5 Controls placement of objects in a more effective manner, e.g., stacks blocks in a more orderly fashion **FM.3.5**

4 21 months to 36 months **FM.4**

- 1 Begins to use more complicated hand movements, e.g., uses eating utensils independently, stacks blocks **FM.4.1**
- 2 Attempts to help with dressing self, e.g., snaps buttons, pulls zipper, puts socks and shoes on **FM.4.2**
- 3 Scribbles with intent and begins to draw circles and lines on own **FM.4.3**
- 4 Uses hand-eye coordination in a more controlled manner, e.g., completes puzzles, strings beads together **FM.4.4**

Perceptual **P**

Children demonstrate the ability to distinguish, process, and respond to sensory stimuli in their environment.

1 Birth to 9 months P.1

- 1 Responds to changes in the environment, e.g., startles when hearing a loud noise, turns head toward light P.1.1
- 2 Explores objects through senses, e.g., mouths, touches objects P.1.2
- 3 Attempts to mimic sounds heard in the environment P.1.3
- 4 Has a range of vision that extends to several feet, which in turn leads to seeing colors and seeing objects from a distance P.1.4
- 5 Feels the sensation of being touched and looks around to identify the source of the touch, e.g., person or object P.1.5
- 6 Recognizes familiar objects and begins to demonstrate favoritism for certain toys P.1.6

2 7 months to 18 months P.2

- 1 Begins to manipulate materials, e.g., pounds at play dough, squeezes finger foods P.2.1
- 2 Begins to show a preference for or aversion to particular sensory activities, e.g., pulls hand away from unfamiliar objects or unpleasant textures P.2.2
- 3 Becomes aware of obstacles in the environment, e.g., crawls around the table to get the ball P.2.3
- 4 Adjusts manner of walking depending on the surface, e.g., walks carefully across gravel P.2.4

3 16 months to 24 months P.3

- 1 Plays with water and sand tables; explores by pouring, digging, and filling P.3.1
- 2 Enjoys physical play, e.g., wrestling, tickling P.3.2
- 3 Recognizes situations that need to be approached cautiously, e.g., walks slowly with a cup of water, or with food on a plate P.3.3
- 4 Adjusts approach to environment, e.g., changes volume of voice to adjust to noise level in the environment P.3.4

4 21 months to 36 months P.4

- 1 Imitates familiar adults when coloring; draws lines and/or circles P.4.1
- 2 Adjusts approach to unknown objects, e.g., presses harder on a lump of clay P.4.2
- 3 Perceives and acts accordingly when holding a fragile object, both in the actual environment and in play, e.g., walks carefully when holding a pretend tea cup P.4.3

- 1 Birth to 9 months [SC.1](#)
 - 1 Signals to indicate needs, e.g., cries when hungry, arches back when in pain or uncomfortable, turns head to disengage from object or person [SC.1.1](#)
 - 2 Starts to develop self-soothing skills, e.g., sucks fingers for comfort and regulation [SC.1.2](#)
 - 3 Attempts to feed self with a bottle [SC.1.3](#)
- 2 7 months to 18 months [SC.2](#)
 - 1 Grasps and drinks from a cup [SC.2.1](#)
 - 2 Shakes head to demonstrate no; pushes objects away [SC.2.2](#)
 - 3 Feeds self with foods that he or she can pick up [SC.2.3](#)
 - 4 Improves ability to calm self, may fall asleep on own [SC.2.4](#)
- 3 16 months to 24 months [SC.3](#)
 - 1 Feeds self with assistance [SC.3.1](#)
 - 2 Starts to indicate needs with gestures or a word, e.g., tugs diaper when wet, says “milk” when thirsty [SC.3.2](#)
 - 3 Assists in undressing and dressing [SC.3.3](#)
 - 4 Attempts to brush teeth with support [SC.3.4](#)
- 4 21 months to 36 months [SC.4](#)
 - 1 Undresses independently but still needs assistance with dressing [SC.4.1](#)
 - 2 Performs some self-care tasks regularly and mostly independently, e.g., brushes teeth, washes hands, places cup in sink [SC.4.2](#)
 - 3 Makes choices pertaining to dressing and eating [SC.4.3](#)
 - 4 Uses nonverbal and/or verbal communication to specify needs [SC.4.4](#)
 - 5 Begins to demonstrate an interest in using the bathroom, e.g., wants to sit on “potty” [SC.4.5](#)
 - 6 Attempts to put on shoes and socks without help [SC.4.6](#)