

# Physical Development and Health

## Perceptual Development 1

### 1 Birth-8 months 1.1

- 1 Reflexes at birth: stepping, palmar grasp, startle reflex, rooting and sucking, hand-to-mouth, and moves arms in swimming motion. 1.1.1
- 2 Reflexes that develop after birth: bicycle kicking, body follows turn of head, and protects self when falling. 1.1.2
- 3 Initially visual system immature (attentive to objects of contrasting colors). 1.1.3
- 4 Increased ability to detect detail and coordinate visual information from each eye. 1.1.4
- 5 Infant may become fixated visually. 1.1.5
- 6 Preference for slower, high pitched sounds. 1.1.6
- 7 Can distinguish parents' voice from that of a stranger. 1.1.7
- 8 Shows enjoyment of motion such as rocking, jiggling, bouncing, or being carried around. 1.1.8
- 9 Can distinguish smell of mother from others. 1.1.9
- 10 Respond to what they see (i.e. move toward desired person or object, look for source of noise). 1.1.10
- 11 Begins to show taste preference. 1.1.11

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### 2 6-18 months 1.2

- 1 Continue to integrate information gathered from the senses: 1.2.1
  - a shows increased ability to concentrate and begin to show sustained interest in people, objects and activities 1.2.1.A
  - b shows increased desire to explore sensory information 1.2.1.B
  - c oral exploration of objects decreases with age 1.2.1.C
  - d shows increased enjoyment of varieties of sensory information 1.2.1.D
- 2 Visual information more refined: 1.2.2
  - a depth perception established; seeks and responds to increased visual stimulation 1.2.2.A
- 3 Hearing information more refined: ability to discriminate sounds in a noisy setting. 1.2.3

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### **3 Indicators: 16-36 months** 1.3

- 1 Sensory thresholds do not interfere with desire to explore surroundings: 1.3.1
    - a continues to show increased ability to concentrate with multiple sensory stimulation present 1.3.1.A
    - b increased cognitive and motor skills allows increased ability to explore and form meaning from sensory information 1.3.1.B
  - 2 Visual discrimination more refined: 1.3.2
    - a ability to discriminate finer detail in tandem with cognitive development (i.e. may notice caregiver's earring) 1.3.2.A
  - 3 Hearing discrimination more refined: 1.3.3
    - a ability to isolate familiar sounds in tandem with cognitive development (i.e. hears siren outside, points and says, "Fire truck!") 1.3.3.A
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## **Gross Motor (Large Muscle) 2**

### **1 Birth-8 months** 2.1

- 1 Exhibits beginning stages of large muscle control: 2.1.1
    - a head control, lifts chin, lifts head, lifts both head and shoulders, supports self on flexed elbows 2.1.1.A
  - 2 Coordination of muscle control: 2.1.2
    - a turns from back to stomach and stomach to back, moves by rolling, inches forward on stomach or back, sits unsupported, begins bouncing when held 2.1.2.A
  - 3 Begins to use arms and legs purposefully: 2.1.3
    - a claps hands, pounds on things, kicks at objects, holds arms out for jacket or so shirt can be taken off 2.1.3.A
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### **2 6-18 months** 2.2

- 1 Exhibits increasing control of large muscles and body movement: 2.2.1
  - a sits up, crawls or creeps, pulls to stand, cruises while holding on to furniture, stands alone, climbs out of crib, walks alone, runs with a wide stance, walks upstairs holding a hand, stops and walks backwards a few steps, climbs simple structures 2.2.1.A
- 2 Uses arms and legs with increasing purposefulness: 2.2.2
- 3 throws, carries, pushes, pulls, dumps objects, scoots on or rides wheel toys without pedals 2.2.3

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### 3 Indicators: 16-36 months 2.3

- 1 Exhibits more control and coordination of large muscle and body movement: 2.3.1
  - a walks fast, walks on tiptoes, walks backwards, walks upstairs holding a railing (or hand), runs with control, climbs well, throws a ball with aim, may jump in place, may balance briefly on 1 foot, rides tricycle 2.3.1.A
- 2 Uses arms and legs with more purposefulness: 2.3.2
  - a catches a ball by trapping it with arms and hands, pounds object with intention and precision, creates simple block structures, pushes foot into shoe, takes off shoes 2.3.2.A
- 3 Engages in creative movement spontaneously and when prompted by music or adult. 2.3.3

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### Fine Motor (Small Muscle) 3

#### 1 Birth-8 months 3.1

- 1 Stares at objects, especially faces; begins to coordinate eyes. 3.1.1
- 2 Grasp reflex diminishing. 3.1.2
- 3 Reaches for objects with both arms, but hands are fist: 3.1.3
  - a reaches with one arm and grasps at will, grasps – releases – “re-grasps” and releases again, begins to grasp with thumb and forefinger 3.1.3.A
- 4 Brings objects to mouth. 3.1.4
- 5 Beginning eye hand coordination: 3.1.5
  - a Transfers object from one hand to another 3.1.5.A
- 6 Follows slow moving object with eyes. 3.1.6

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#### 2 6-18 months 3.2

- 1 Scoops up and takes with hand to manipulate or pick up objects, sand, food, etc. 3.2.1
- 2 Brings two blocks together to make noise. 3.2.2
- 3 Uses thumb and forefinger to pick up small items. 3.2.3
- 4 Handles a cup or spoon for self-feeding. 3.2.4
- 5 Begins to show preference for one hand. 3.2.5
- 6 Undresses self and unties shoes. 3.2.6
- 7 Can turn pages of a board book 3.2.7

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### 3 Indicators: 16-36 months 3.3

- 1 Uses a crayon to imitate marks/scribble. 3.3.1
  - 2 Holds object with one hand and manipulates it with the other: 3.3.2
    - a brushes dolls hair, holds and winds a music box 3.3.2.A
  - 3 Folds blanket, cloth, paper, etc. 3.3.3
  - 4 Pours liquid from small pitcher. 3.3.4
  - 5 Shows preference for one hand. 3.3.5
  - 6 Puts on easy clothing. 3.3.6
  - 7 Holds spoon, fork, cup, but may still spill. 3.3.7
  - 8 Can use paintbrush, but doesn't control drips. 3.3.8
  - 9 Can turn pages of a book. 3.3.9
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### Self-Help and Adaptive Skills 4

#### 1 Birth-8 months 4.1

- 1 Displays signs of self-comforting: 4.1.1
    - a Sucks thumb to pacify self 4.1.1.A
  - 2 Shows signs of self-feeding: 4.1.2
    - a begins to hold own bottle/cup, begins to feed self with fingers 4.1.2.A
  - 3 Alerts caregiver in own way when physically uncomfortable: 4.1.3
    - a hungry, tired, wet pants, etc. 4.1.3.A
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#### 2 6-18 months 4.2

- 1 Making progress with self-feeding. 4.2.1
- 2 Shows interest in dressing self: 4.2.2
  - a pushes arm through sleeve, takes clothes off, unties shoes 4.2.2.A
- 3 Shows interest in toileting at end of this stage: 4.2.3
  - a watches others engaged in toileting, 4.2.3.A
  - b explores sitting on potty chair 4.2.3.B
- 4 Shows interest in helping with chores, mimics adult behavior. 4.2.4
- 5 Makes attempts at self-help: 4.2.5
  - a takes off socks 4.2.5.A
  - b pulls on bib 4.2.5.B

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### 3 Indicators: 16-36 months 4.3

- 1 Progressing well with self-feeding and self-serving: 4.3.1
  - a holds spoon, fork, cup 4.3.1.A
  - b feeds self 4.3.1.B
  - c pours own water from small container 4.3.1.C
  - d sets items on table and removes after eating 4.3.1.D
- 2 Continues to show interest in dressing: 4.3.2
  - a undresses self, puts on clothes (no buttoning), shoes, jacket, hat 4.3.2.A
- 3 Shows increased interest and proficiency with toileting skills: 4.3.3
  - a willing to use toilet 4.3.3.A
  - b washes hands after toileting 4.3.3.B
- 4 Increased interest in helping with chores and physical care: 4.3.4
  - a attends to blowing nose 4.3.4.A
  - b cleans tables 4.3.4.B
  - c picks up toys 4.3.4.C