

Language and Cognition

Language and Cognition consist of verbal and non-verbal communication skills, reading, sentence structure, social interaction, comprehension, and vocabulary. Speech-Language Therapy assists with deficits in these areas, as well as speech and swallowing problems.

0 to 3 months:

Responds to voice, babbles or coos when talked to, looks at face and eyes of person talking to him/her.

3 to 6 months:

Laughs aloud in social play, turns head toward sounds and voices. Looks at and reaches for toy, resists removal of toy.

6 to 9 months:

Combines syllables: “da-da,” “ba-ba,” “ma-ma”. Responds to name with head turn, eye contact, smile. Mouths toy, bangs and shakes toy, holds arms out to be picked up.



9 to 12 months:

Stops activity when told “no-no”. Follows simple instructions. Shakes head “no-no”. Follows simple instructions.

1 to 2 years:

Imitates simple sounds on request. Points and vocalizes to indicate wants. Speaks in 2-word sentences. Asks for object by pointing and vocalizing. Points to one named body part. Names one object.

2 to 3 years:

Speaks 20 to 50 words or more, names 5 pictures, responds correctly to “show me one block (or finger).” Names or points to self in photograph.

3 to 4 years:

Says or sings words to nursery rhymes or songs. Uses personal pronouns—I, me, you. Responds to how and where questions. Counts by rote to 3, matches 2 colors, classifies pictures by pointing.

4 to 5 years:

Tells use of objects, tells use of senses, rhymes words. Points to triangle, counts by rote to 15, names 3 coins.

Chart information gathered from the *Early Learning Accomplishment Profile* and the *Revised Learning Accomplishment Profile*

Comprehensive rehab

Dedicated to improving our patients' lives

Clinton, IA • 563-241-4230
Davenport, IA • 563-823-0245
Muscatine, IA • 563-262-0253
www.comprehensiverehabinc.com

Comprehensive rehab

Dedicated to improving our patients' lives



**Developmental
Milestones**

Developmental Milestones 0-5 years

Gross Motor and Fine Motor

Gross motor skills represent basic mobility, movement, and strength of legs, posture, balance, and large muscle coordination. Physical Therapy assists with deficits in this area.

0 to 3 months:

Lifts head when held at shoulder, turns from side to back, straightens leg when bottom of foot is pressed. Holds rattle for 5—10 seconds, reaches for objects with both hands (often misses), explores objects.

3 to 6 months:

No head lag when pulled to sit, holds head and chest up on forearms for long periods, rolls from stomach to back. Hands are usually open, reaches toward objects, sometimes hits them, picks up spoon.

6 to 9 months:

Rolls from back to stomach, changes to/from stomach to sitting, sits steadily on floor for 10 minutes. Rakes up raisins with fingers against palm, holds one cube and takes another, grasps cube using palm.

9 to 12 months:

Crawls on hands and knees, stands holding onto furniture for 5 minutes, stands alone and begins taking steps. Index finger begins to point or poke into holes and pull, uses thumb and index finger to pick up small objects.



1 to 2 years:

Stoops to pick up toys from floor without falling, climbs into adult chair and turns to sit. Jumps from bottom step. Builds tower of 2 to 3 cubes after demonstration. Scribbles vigorously in imitation, completes a 3-piece form board (circle, square, and triangle).



2 to 3 years

Walks up and down stairs alternating feet, balances on one foot, catches ball with extended stiff arms. Imitates drawing vertical line, horizontal line, and circle. Holds pencil with thumb and forefinger instead of fist, cuts across paper with scissors from one side to the other.

3 to 4 years:

Hops on one foot, gallops, pedals tricycle around wide corners. Imitates building a “bridge” with cubes. Copies a circle. Copies V, H, and T.

4 to 5 years:

Catches bounced ball. Stands on tiptoes, hands on hips. Jumps backwards. Cuts line with scissors, holds paper in place with other hand while writing. Copies first name.

Self Help

Fine Motor Skills and Self Help consists of movement and strength of arms and hands, small-muscle coordination/dexterity, visual skills, organization information gathering from your senses, life skills such as feeding, grooming, and community participation. Occupational therapy assists with deficits in these areas.

0 to 3 months:

Total dependence for all care and needs.

3 to 6 months:

Total dependence for all care and needs.

6 to 9 months:

Lifts cup with handle. Finger feeds dry cereal, bits of meat, vegetables. Bites, chews toys during play.

9 to 12 months:

Finger feeds self for part of meal. Takes off hat, shoes. Cooperates in dressing.

1 to 2 years:

Uses spoon with little spilling, walks up stairs one hand held. Squats, holds self, or verbalizes toilet needs.

2 to 3 years:

Dresses with supervision, removes coat, self feeds with spoon (held with fist).

3 to 4 years:

Undresses completely without help, goes to toilet alone, unties and removes shoes.

4 to 5 years:

Buttons front buttons, feeds self with fork (held with fingers). Zips separating front zipper.

For more information, contact Comprehensive Rehab today.
Clinton • 563-241-4230
Davenport • 563-823-0245
Muscatine • 563-262-0253