



BASIX

Behavioral Health Services

Developmental Milestones	
The following table identifies the age at which most typically developing children have acquired the skill identified (best estimates).	
BY AGE:	MOST CHILDREN:
1 year	<ul style="list-style-type: none"> ▪ Hold and drink from a bottle ▪ Eat solid foods ▪ Feed self most of a meal (finger foods)
2 years	<ul style="list-style-type: none"> ▪ Drink from a cup ▪ Use a spoon or fork (with spilling) ▪ Suck liquid from a straw ▪ Remove shoes, socks, pants
3 years	<ul style="list-style-type: none"> ▪ Feed self with spoon (without spilling) ▪ Pour well from pitcher ▪ Ask to use toilet ▪ Wash and dry hands ▪ Bathe with assistance ▪ Take off coat ▪ Put on coat (not including fasteners) ▪ Pull up pants with elastic waistbands ▪ Put on shoes (not necessarily correct feet)
4 years	<ul style="list-style-type: none"> ▪ Prepare simple snack (i.e., fix a bowl of cereal) ▪ Brush teeth ▪ Wash and dry hands and face ▪ Are toilet trained during day with some accidents ▪ Remove most clothing independently ▪ Put on socks independently ▪ Put shoes on correct feet ▪ Dress themselves, except laces and buttons ▪ Unbutton clothing ▪ Put on clothing in correct front/back position
5 years	<ul style="list-style-type: none"> ▪ Prepare simple foods (e.g., sandwich) ▪ Apply soap to washcloth ▪ Use toilet without help ▪ Care for nose without assistance (blow and wipe) ▪ Use towel to dry body ▪ Get dressed without help ▪ Button front-opening clothing ▪ Use all fasteners
6 years	<ul style="list-style-type: none"> ▪ Spread with a knife ▪ Cut with a knife ▪ Cover mouth with tissue or hand when sneezing or coughing ▪ Wash hands after using the toilet ▪ Brush hair acceptably ▪ Dress without reminders including opening and clothing fasteners
7 years	<ul style="list-style-type: none"> ▪ Cut with knife and fork simultaneously ▪ Use proper utensil for eating food ▪ Wash self acceptably without help (e.g., shower or bath)
8 years	<ul style="list-style-type: none"> ▪ Choose proper clothing for occasion ▪ Coordinate clothing