

# Developmental Checklists Birth to Five



the early childhood direction center

If you are concerned about your child's development,  
contact the Mid-State ECDC for information on screening, evaluation, and assessment.

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*Adapted by the Mid-State Early Childhood Direction Center from:*

*The American Academy of Pediatrics: Caring for Your Baby and Young Child Birth to Age 5: The Complete and Authoritative Guide. Shelov, S. P., & Hannemann, R. E. (1994). New York: Bantam Doubleday Dell Pub.*

*Hawaii Early Learning Profile (HELP)- Vort Corporation, P.O. Box 60132, Palo Alto, CA 94306 Revised Checklist 2004*

*IDA- Infant Toddler Developmental Assessment- : Provence, Sally M.D., Erikson, Joanna, M.P.H., Vater, Susan, Ed. M, Palmeri, Saro, M.D. Riverside Publishing Company, 8420 Bryn Mawr Avenue, Chicago, IL 60631, 1995*

*ASQ and ASQ-SE-Paul H. Brookes Publishing Company, P.O. Box10624, Baltimore, Maryland, [www.brookspublishing.com](http://www.brookspublishing.com), May 2010*

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# DEVELOPMENTAL CHECKLIST - 1 TO 3 MONTHS

CHILD'S NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

PARENT OR GUARDIAN: \_\_\_\_\_

## *MILESTONES*

*DATE  
OBSERVED*

### MOTOR

- ✓ Retains hold of object/rattle (1-2mos.) \_\_\_\_\_
- ✓ Brings hands towards center of body when lying on back (1-2 mos.) \_\_\_\_\_
- ✓ Raises head and cheek when lying on stomach (3 mos.) \_\_\_\_\_
- ✓ Supports upper body with arms when lying on stomach (3 mos.) \_\_\_\_\_
- ✓ Stretches legs out when lying on stomach or back (2-3 mos.) \_\_\_\_\_
- ✓ Opens and shuts hands (2-3 mos.) \_\_\_\_\_
- ✓ Pushes down on his legs when his feet are placed on firm surface (3 mos.) \_\_\_\_\_
- ✓ Occasionally rolls from stomach to back (3 mos.) \_\_\_\_\_

### COGNITIVE

- ✓ Responds to voice i.e. turn to, wiggle, reacts (0-1 mos.) \_\_\_\_\_
- ✓ Watches face intently (2-3 mos.) \_\_\_\_\_
- ✓ Follows moving objects (2 mos.) \_\_\_\_\_
- ✓ Recognizes familiar objects and people at a distance (3 mos.) \_\_\_\_\_
- ✓ Starts using hands and eyes in coordination (3 mos.) \_\_\_\_\_

### LANGUAGE

- ✓ Makes sucking sounds (1-2 mos.) \_\_\_\_\_
- ✓ Smiles at the sound of voice (2-3 mos.) \_\_\_\_\_
- ✓ Cooing noises; vocal play (begins at 3 mos.) \_\_\_\_\_
- ✓ Attends to sound (1-3 mos.) \_\_\_\_\_
- ✓ Startles to loud noise (1-3 mos.) \_\_\_\_\_

### SOCIAL/EMOTIONAL

- ✓ Makes eye contact (0-1 mos.) \_\_\_\_\_
- ✓ Begins to develop a social smile (1-3 mos.) \_\_\_\_\_
- ✓ Enjoys playing with other people and may cry when playing stops (2-3 mos.) \_\_\_\_\_
- ✓ Becomes more communicative and expressive with face and body (2-3 mos.) \_\_\_\_\_

## DEVELOPMENTAL RED FLAGS (1 TO 3 MONTHS)

- Doesn't seem to respond to loud noises
- Doesn't follow moving objects with eyes by 2 to 3 months
- Doesn't smile at the sound of your voice by 2 months
- Doesn't grasp and hold objects by 3 months
- Doesn't smile at people by 3 months
- Cannot support head well at 3 months
- Doesn't reach for and grasp toys by 3 to 4 months
- Doesn't bring objects to mouth by 4 months
- Doesn't push down with legs when feet are placed on a firm surface by 4 months
- Has trouble moving one or both eyes in all directions
- Crosses eyes most of the time (occasional crossing of the eyes is normal in these first months)

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**COMMENTS:**

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# DEVELOPMENTAL CHECKLIST - 4 TO 7 MONTHS

CHILD'S NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

PARENT OR GUARDIAN: \_\_\_\_\_

MILESTONES

DATE  
OBSERVED

## MOTOR

- ✓ Pushes up on extended arms (5 mos.)
- ✓ Pulls to sitting with no head lag (5 mos.)
- ✓ Sits with support of his hands (5-6 mos.)
- ✓ Sits unsupported for short periods (6-8 mos.)
- ✓ Supports whole weight on legs (6-7 mos.)
- ✓ Grasps feet (6 mos.)
- ✓ Transfers objects from hand to hand (6-7 mos.)
- ✓ Uses raking grasp (not pincer) (6 mos.)
- ✓ Routinely rolls from stomach to back and back to stomach (6 mos.)

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## COGNITIVE

- ✓ Plays peek-a-boo (4-7 mos.)
- ✓ Looks for a family member or pet when named (4-7 mos.)
- ✓ Explores with hands and mouth (4-7 mos.)
- ✓ Tracks moving objects with ease (4-7 mos.)
- ✓ Finds partially hidden objects (6-7 mos.)
- ✓ Grasps objects dangling in front of him (5-6 mos.)
- ✓ Looks for fallen toys (5-7 mos.)

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## LANGUAGE

- ✓ Laughs and squeals out loud (4-7 mos.)
- ✓ Distinguishes emotions by tone of voice (4-7 mos.)
- ✓ Responds to sound by making sounds (4-6 mos.)
- ✓ Responds to spoken "bye-bye" by waving (4-7 mos.)
- ✓ Uses voice to express joy and displeasure (4-6 mos.)
- ✓ Localizes or turns toward sounds (5-6 mos.)
- ✓ Syllable repetition begins (5-7 mos.)

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## SOCIAL EMOTIONAL

- ✓ Enjoys social play (4-7 mos.)
- ✓ Interested in mirror images (5-7 mos.)
- ✓ Can calm down with ½ hour when upset (6 mos.)
- ✓ Responds to other people's expression of emotion (4-7 mos.)

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## DEVELOPMENTAL RED FLAGS (4 TO 7 MONTHS)

- Seems very stiff, tight muscles
- Seems very floppy, like a rag doll
- Head still flops back when body is pulled to sitting position (by 5months still exhibits head lag)
- Shows no affection for the person who cares for them
- Doesn't seem to enjoy being around people
- One or both eyes consistently turn in or out
- Persistent tearing, eye drainage, or sensitivity to light
- Does not respond to sounds around them
- Has difficulty getting objects to mouth
- Does not turn head to locate sounds by 4 months
- Doesn't roll over (stomach to back) by 6 months
- Cannot sit with help by 6 months (not by themselves)
- Does not laugh or make squealing sounds by 5 months
- Does not actively reach for objects by 6 months
- Does not follow objects with both eyes
- Does not bear some weight on legs by 5 months
- Has difficulty calming self, cries for long periods of time

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### COMMENTS:

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# DEVELOPMENTAL CHECKLIST - 8 TO 12 MONTHS

CHILD'S NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

PARENT OR GUARDIAN: \_\_\_\_\_

## MILESTONES

DATE  
OBSERVED

### GROSS MOTOR

- ✓ Crawls forward on belly (8-9 mos.)
- ✓ Assumes hand and knee position (8-9 mos.)
- ✓ Gets to sitting position without assistance (8-10 mos.)
- ✓ Pulls self up to standing position at furniture (8-10 mos.)
- ✓ Creeps on hands and knees (9 mos.)
- ✓ Gets from sitting to crawling or prone (lying on stomach) position (9-10 mos.)
- ✓ Walks holding on to furniture (10-13 mos.)
- ✓ Stands momentarily without support (11-13 mos.)
- ✓ May walk two or three steps without support (11-13 mos.)

### FINE MOTOR

- ✓ Uses pincer grasp (grasp using thumb and index finger) (7-10 mos.)
- ✓ Bangs two one-inch cubes together (8-12 mos.)
- ✓ Pokes with index finger (9-12 mos.)
- ✓ Puts objects into container (10-12 mos.)
- ✓ Takes objects out of container (10-12 mos.)
- ✓ Tries to imitate scribbling (10-12 mos.)

### COGNITIVE

- ✓ Looks at correct picture when image is named (8-9 mos.)
- ✓ Explores objects in many different ways (shaking, banging, throwing, dropping) (8-10 mos.)
- ✓ Enjoys looking at pictures in books (9-12 mos.)
- ✓ Imitates gestures (9-12 mos.)
- ✓ Engages in simple games of Peek-a-Boo, Pat-a-Cake, or rolling ball to another (9-12 mos.)
- ✓ Finds hidden objects easily (10-12 mos.)

### LANGUAGE

- ✓ Babbles "dada" and "mama" (7-8 mos.)
- ✓ Babbles with inflection (7-9 mos.)
- ✓ Says "dada" and "mama" for specific person (8-10 mos.)
- ✓ Responds to "no" by briefly stopping activity and noticing adult (9-12 mos.)
- ✓ Responds to simple verbal requests, such as "Give me" (9-14 mos.)
- ✓ Makes simple gestures such as shaking head for "no" (12 mos.)
- ✓ Uses exclamations such as "oh-oh" (12 mos.)

**SELF-HELP**

DATE  
OBSERVED

- ✓ Finger-feeds himself (8-12 mos.)
- ✓ Extends arm or leg to help when being dressed (9-12 mos.)
- ✓ May hold spoon when feeding (9-12 mos.)

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**SOCIAL/EMOTIONAL**

- ✓ Shy or anxious with strangers (8-12 mos.)
- ✓ Cries when mother or father leaves (8-12 mos.)
- ✓ Enjoys imitating people in his play (10-12 mos.)
- ✓ Shows specific preferences for certain people and toys (8-12 mos.)
- ✓ Prefers mother and/or regular care provider over all others (8-12 mos.)
- ✓ Repeats sounds or gestures for attention (10-12 mos.)
- ✓ May test parents at bed time (9-12 mos.)

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**DEVELOPMENTAL RED FLAGS (8 TO 12 MONTHS)**

- Does not crawl
- Drags one side of body while crawling (for over one month)
- Cannot stand when supported
- Does not search for objects that are hidden (10-12 mos.)
- Says no single words ("mama" or "dada")
- Does not learn to use gestures such as waving or shaking head
- Does not sit steadily by 10 months
- Does not react to new environments and people
- Does not seek out caregiver when stressed
- Does not show interest in "peek-a-boo" or "patty cake" by 8 mos.
- Does not babble by 8 mos. ("dada," "baba," "mama")

**COMMENTS:**

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# DEVELOPMENTAL CHECKLIST - 12 TO 24 MONTHS

CHILD'S NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

PARENT OR GUARDIAN: \_\_\_\_\_

MILESTONES

DATE  
OBSERVED

## GROSS MOTOR

- ✓ Walks alone (12-16 mos.)
- ✓ Pulls toys behind him while walking (13-16 mos.)
- ✓ Carries large toy or several toys while walking (12-15 mos.)
- ✓ Begins to run stiffly (16-18 mos.)
- ✓ Walks into ball (18-24 mos.)
- ✓ Climbs onto and down from furniture unsupported (16-24 mos.)
- ✓ Walks up and down stairs holding on to support (18-24 mos.)

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## FINE MOTOR

- ✓ Scribbles spontaneously (14-16 mos.)
- ✓ Turns over container to pour out contents (12-18 mos.)
- ✓ Builds tower of four blocks or more (20-24 mos.)
- ✓ Completes simple knobbed wooden puzzles of 3 to 4 pieces (21-24 mos.)

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## LANGUAGE

- ✓ Says "no" with meaning (13-15 mos.)
- ✓ Follows simple, one-step instructions (14-18 mos.)
- ✓ Says several single words (15-18 mos.)
- ✓ Recognizes names of familiar people, objects, and body parts (18-24 mos.)
- ✓ Points to object or picture when it's named for them (18-24 mos.)
- ✓ Repeats words overheard in conversations (16-18 mos.)
- ✓ Uses two-word sentences (18-24 mos.)

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## COGNITIVE

- ✓ Finds objects even when hidden under 2 or 3 covers (13-15 mos.)
- ✓ Will listen to short story book with pictures (15-20 mos.)
- ✓ Identifies one body part (15-24 mos.)
- ✓ Begins to sort shapes and colors (20-24 mos.)
- ✓ Begins make-believe play (20-24 mos.)

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**SELF-HELP**

**DATE  
OBSERVED**

- ✓ Starts to feed self with spoon, with some spilling (13-18 mos.)
- ✓ Likes to play with food when eating (18-24 mos.)
- ✓ Can put shoes on with help (20-24 mos.)
- ✓ Can open doors by turning knobs (18-24 mos.)
- ✓ Can drink from open cup, with some spilling (18-24 mos.)

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**SOCIAL/EMOTIONAL**

- ✓ Imitates behavior of others, especially adults and older children (18-24 mos.)
- ✓ Increasingly enthusiastic about company or other children (20-24 mos.)
- ✓ Demonstrates increasing independence (18-24 mos.)
- ✓ Begins to show defiant behavior (18-24 mos.)
- ✓ Episodes of separation anxiety increase toward midyear, then fade

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**DEVELOPMENTAL RED FLAGS (12 TO 24 MONTHS)**

- Cannot walk by 18 months
- Fails to develop a mature heel-toe walking pattern after several months of walking, or walks exclusively on toes
- Does not speak at least 15 words by 18 months
- Does not use unique two-word phrases by age 2 (more milk, big dog, mommy help)
- By 15 months does not seem to know the function of common household objects (brush, telephone, cup, fork, spoon)
- Does not imitate actions or words by 24 mos.
- Does not follow simple one-step instructions by 24 mos.
- Cannot identify self
- Cannot form a two-word phrase
- Cannot hold and use a spoon or cup for eating and drinking
- Does not display a wide array of emotions (anger, fear, happy, excited, frustrated)

**COMMENTS:**

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# DEVELOPMENTAL CHECKLIST - 24 TO 36 MONTHS

CHILD'S NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

PARENT OR GUARDIAN: \_\_\_\_\_

MILESTONES

DATE  
OBSERVED

## GROSS MOTOR

- ✓ Climbs well (24-30 mos.)
- ✓ Walks down stairs alone, placing both feet on each step (26-28 mos.)
- ✓ Walks up stairs alternating feet with support (24-30 mos.)
- ✓ Swings leg to kick ball (24-30 mos.)
- ✓ Runs easily (24-26 mos.)
- ✓ Pedals tricycle (30-36 mos.)
- ✓ Bends over easily without falling (24-30 mos.)

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## FINE MOTOR

- ✓ Makes vertical, horizontal, circular strokes with pencil or crayon (30-36 mos.)
- ✓ Turns book pages one at a time (24-30 mos.)
- ✓ Builds a tower of more than 6 blocks (24-30 mos.)
- ✓ Holds a pencil in writing position (30-36 mos.)
- ✓ Screws and unscrews jar lids, nuts, and bolts (24-30 mos.)
- ✓ Turns rotating handles (door knob) (24-30 mos.)

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## LANGUAGE

- ✓ Uses pronouns (I, you, me, we, they) (24-30 mos.)
- ✓ Understands most sentences (24-40 mos.)
- ✓ Recognizes and identifies almost all common objects and pictures (26-32 mos.)
- ✓ Shows frustration when not understood by others (28-36 mos.)
- ✓ Understands physical relationships (on, in, under) (30-36 mos.)
- ✓ Can say name, age, and sex (30-36 mos.)
- ✓ Uses words to communicate wants and needs (30-36 mos.)
- ✓ Knows simple rhymes and songs (30-36 mos.)
- ✓ Strangers can understand most of words (30-36 mos.)

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# DEVELOPMENTAL CHECKLIST - 3 TO 4 YEARS

CHILD'S NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

PARENT OR GUARDIAN: \_\_\_\_\_

## MILESTONES

DATE  
OBSERVED

### GROSS MOTOR

- ✓ Hops and stands on one foot up to 5 seconds
- ✓ Goes upstairs and downstairs without support
- ✓ Kicks ball forward
- ✓ Throws ball overhand
- ✓ Catches bounced ball most of the time
- ✓ Moves forward and backward
- ✓ Uses riding toys

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### FINE MOTOR

- ✓ Copies square shapes
- ✓ Draws a person with 2-4 body parts
- ✓ Uses scissors
- ✓ Draws circles and squares
- ✓ Begins to copy some capital letters

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### LANGUAGE

- ✓ Understands the concepts of "same" and "different"
- ✓ Has mastered some basic rules of grammar
- ✓ Speaks in sentences of 5-6 words
- ✓ Asks questions
- ✓ Speaks clearly enough for strangers to understand
- ✓ Tells stories

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### COGNITIVE

- ✓ Correctly names some colors
- ✓ Understands the concept of counting and may know a few numbers
- ✓ Begins to have a clearer sense of time
- ✓ Follows three-part commands
- ✓ Recalls parts of a story
- ✓ Understands the concept of same/different
- ✓ Engages in fantasy play
- ✓ Understands causality ("I can make things happen")

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**SELF- HELP**

**DATE  
OBSERVED**

- ✓ Can feed self with spoon without spilling
- ✓ Washes and dries hands and face
- ✓ Can do simple household tasks (help set the table)
- ✓ Can put on simple clothing items, with help for button, zipper, shoelace (jacket, pants, shoes)
- ✓ Can run a brush or comb through own hair

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**SOCIAL/EMOTIONAL**

- ✓ Interested in new experiences
- ✓ Cooperates/plays with other children
- ✓ Plays "mom "or "dad"
- ✓ More inventive in fantasy play
- ✓ Can stay on topic during conversations
- ✓ More independent
- ✓ Plays simple games with simple rules
- ✓ Begins to share toys with other children
- ✓ Often cannot distinguish between fantasy and reality
- ✓ May have imaginary friends or see monsters

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**DEVELOPMENTAL RED FLAGS (3 TO 4 YEARS)**

- Cannot jump in place
- Cannot ride a trike
- Cannot grasp a crayon between thumb and fingers
- Has difficulty scribbling
- Cannot copy a circle
- Cannot stack 4 blocks
- Still clings or cries when parents leave him
- Shows no interest in interactive games
- Ignores other children
- Doesn't respond to people outside the family
- Doesn't engage in fantasy play
- Resists dressing, sleeping, using the toilet
- Lashes out without any self-control when angry or upset
- Doesn't use sentences of more than three words
- Doesn't use "me" or "you" appropriately

**COMMENTS:**

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# DEVELOPMENTAL CHECKLIST - 4 TO 5 YEARS

CHILD'S NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

PARENT OR GUARDIAN: \_\_\_\_\_

MILESTONES

DATE  
OBSERVED

## GROSS MOTOR

- ✓ Stands on one foot for 10 seconds or longer
- ✓ Hops, somersaults
- ✓ Swings, climbs
- ✓ May be able to skip

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## FINE MOTOR

- ✓ Copies triangle and other geometric patterns
- ✓ Draws person with body
- ✓ Prints some letters
- ✓ Dresses and undresses without assistance

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## LANGUAGE

- ✓ Recalls parts of a story
- ✓ Speaks sentences of more than 5 words
- ✓ Uses future tense
- ✓ Tells longer stories
- ✓ Says name and address

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## COGNITIVE

- ✓ Can count 10 or more objects
- ✓ Correctly names at least 4 colors
- ✓ Works in small groups for 5-10 minutes
- ✓ Better understands the concept of time
- ✓ Knows about things used every day in the home (money, food, etc.)

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## SELF-HELP

- ✓ Uses fork, spoon independently
- ✓ Can chew with lips closed
- ✓ Goes to the bathroom independently, with reminders
- ✓ Undresses independently, may be able to unbutton and unzip

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**SOCIAL/EMOTIONAL**

DATE  
OBSERVED

- ✓ Wants to please
- ✓ Prefers to be with friends
- ✓ More likely to agree to rules
- ✓ Likes to sing, dance, and act
- ✓ Shows more independence

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**DEVELOPMENTAL RED FLAGS (4 TO 5 YEARS)**

- Exhibits extremely aggressive, fearful or timid behavior
- Is unable to separate from parents
- Is easily distracted and unable to concentrate on any single activity for more than 5 minutes
- Shows little interest in playing with other children
- Refuses to respond to people in general
- Rarely uses fantasy or imitation in play
- Seems unhappy or sad much of the time
- Avoids or seems aloof with other children and adults
- Does not express a wide range of emotions
- Has trouble eating, sleeping or using the toilet
- Cannot differentiate between fantasy and reality
- Seems unusually passive
- Cannot understand prepositions ("put the cup on the table"; "get the ball under the couch")
- Cannot follow 2-part commands ("pick up the toy and put it on the shelf")
- Cannot give his first and last name
- Does not use plurals or past tense
- Cannot build a tower of 6 to 8 blocks
- Holds crayon with fistful grasp
- Has trouble taking off clothing
- Unable to brush teeth or wash and dry hands

**COMMENTS:**

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