



Neurodiversity-Affirming Speech Pathology, Occupational Therapy & Allied Services

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How to use this checklist



01 - Notice Patterns

Look for themes in your child's development over time, rather than focusing on isolated skills or single moments.

02 - Context Matters: Observe Across Environments

Children often show different abilities at home, in childcare, or on the playground. Each setting offers important clues.

03 - Development is Dynamic, Not Linear

Skills can come and go, or emerge in unexpected sequences. That can be a normal part of growing and learning. Approach development with curiosity.

04 - Support Isn't a Last Resort, It's a Resource

You don't need to wait for something to feel "wrong" to seek help; Therapy and coaching are valuable resources to empower parents at any stage.

Understanding Milestones with a Neuroaffirming Lens

Milestone checklists are based on what around 90% of children are doing at a certain age, but they aren't hard rules or pass/fail tests.

If your child isn't ticking all the boxes, it's not necessarily a concern, it's simply a sign that they may be developing differently from their peers.

- If your child is taking longer to develop certain skills, it may be a great time to seek therapeutic support. Not because something is broken, but because with the right support, every child can flourish.
- If your child is achieving milestones much earlier than expected, this can also reflect neurodivergent development. Some children show advanced skills in certain areas while needing support in others. This isn't always a concern, however, it's a meaningful difference worth exploring.

What matters most is approaching all development with curiosity and compassion. Ask yourself:

1. What do I notice about my child's strengths?
2. Where might they (or I) benefit from support?
3. Do they show different behaviours at home, at day care, or on the playground?

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Developmental Checklist



0-6 MONTHS

Gross Motor Skills

- ☐ Rollover from front to back/back to front
- ☐ Bringing feet to hands/mouth while lying on back
- ☐ Holding head erect in a supported position
- ☐ Pushing off ground with arms whilst lying on tummy

Fine Motor Skills

- ☐ Reflexive grasp when objects placed in hand
- ☐ Reaching for and grasping objects
- ☐ Controlled reaching
- ☐ Holding objects in the palm of 2 hands (3 months) or palm of one hand (5 months)

6-12 MONTHS

Gross Motor Skills

- ☐ Rolling over from front to back/back to front
- ☐ Crawling on belly
- ☐ Sitting independently
- ☐ Weight bearing through hands and knees/getting up on hands and knees
- ☐ Pushing body off ground while lying on tummy
- ☐ Bringing self into seated position unaided
- ☐ Creeping on hands and knees
- ☐ Able to transition into different positions e.g from lying to sitting
- ☐ Pulling self into standing position

Fine Motor Skills

- ☐ Reaching and grasping to put objects in mouth
- ☐ Demonstrating controlled release of objects
- ☐ Picking up small objects with thumb and one finger
- ☐ Transferring objects from one hand to another
- ☐ Banging 2 objects held in each hand to body mid line
- ☐ Poking and pointing with index finger
- ☐ Recovering an object dropped within their visual field

Developmental Checklist



6-12 Months (continued)

Gross Motor Skills

- ☐ Stands momentarily without support
- ☐ Walking whilst holding onto furniture (cruising)
- ☐ Taking 2-3 steps without support
- ☐ Rolling a ball in imitation of an adult

Fine Motor Skills

Developmental Checklist



1-2 YEARS

Gross Motor Skills

- ☐ Sitting, crawling or walking independently
- ☐ Getting up on hands and knees
- ☐ Creeping on hands and knees
- ☐ Transitioning into different positions e.g sitting to lying on tummy etc
- ☐ Pulling self into standing
- ☐ Standing without support
- ☐ Attempting to run - generally runs stiff with eyes on floor
- ☐ Walking whilst holding a toy
- ☐ Changing direction whilst walking
- ☐ Rolling a ball in imitation of an adult

Fine Motor Skills

- ☐ Building a tower of 3 small blocks
- ☐ Putting rings on a stick
- ☐ Turning pages of a book 2-3 pages at a time
- ☐ Turning knobs
- ☐ Painting using whole arm movements to make strokes
- ☐ Eating independently (minimal assistance ok)
- ☐ Signing to communicate wants and needs
- ☐ Bringing spoon to mouth
- ☐ Holding and drinking from cup independently
- ☐ Putting shapes into shape sorter without assistance and picking up objects with thumb and one finger

Developmental Checklist



2-3 YEARS

Gross Motor Skills

- ☐ Transitioning into different positions
- ☐ Walking smoothly and turning corners
- ☐ Running with control (still has wide gait)
- ☐ Climbing onto/ down furniture
- ☐ Pulling self into standing Walking up and down steps with support
- ☐ Walking whilst holding a toy
- ☐ Changing direction whilst walking
- ☐ Picking up toys from the floor without falling over
- ☐ Rolling a ball

Fine Motor Skills

- ☐ Stringing 3-4 beads
- ☐ Building a tower of 3-5 small blocks
- ☐ Copying a simple sequence of coloured blocks in a tower
- ☐ Turning single pages in a book
- ☐ Making snips with scissors
- ☐ Holding a crayon with thumbs and fingers
- ☐ Using one hand consistently for most activities
- ☐ Imitating circular, horizontal and vertical strokes
- ☐ Eating independently
- ☐ Completing insert puzzles

Developmental Checklist



3-4 YEARS

Gross Motor Skills

- ☐ Transitioning to different positions
- ☐ Imitate standing on one foot
- ☐ Imitate simple bilateral limb movements e.g bringing arms up
- ☐ Running with control
- ☐ Independently climbing furniture
- ☐ Climbing on jungle gym and ladders
- ☐ Pedalling tricycle
- ☐ Changing direction whilst walking
- ☐ Walking up and down stairs with alternating feet
- ☐ Jumping with two feet together 5 times in a row
- ☐ Walking on tip toes
- ☐ Picking up toys on the floor without falling over
- ☐ Throwing objects overarm to a target
- ☐ Rolling a ball
- ☐ Catching a ball (uses whole body)

Fine Motor Skills

- ☐ Building a tower of 9 blocks
- ☐ Copying block designs of up to 6 blocks
- ☐ Opening zip lock bags, lunchbox and containers
- ☐ Tracing on thick lines
- ☐ Using one hand consistently for most activities
- ☐ Copying a circle or imitating a cross
- ☐ Holding a pencil with thumb and fingers on opposite sides of the pencil
- ☐ Using non dominant hand to stabilise objects
- ☐ Threading a sequence of small beads onto string
- ☐ Cutting roughly around pictures
- ☐ Completing 4-6 piece interlocking puzzle
- ☐ Coordinating hands to brush teeth or hair
- ☐ Dressing independently (excluding shoe laces, small buttons and initiating zip on jacket)

Developmental Checklist



4-5 YEARS

Gross Motor Skills

- ☐ Standing on one foot for 5 seconds
- ☐ Imitating simple bilateral movements (e.g arms up)
- ☐ Walking up and down stairs with alternate feet
- ☐ Climbing up and down furniture independently
- ☐ Climbing on jungle gym and ladders
- ☐ Pedalling tricycle
- ☐ Kicking a ball forward
- ☐ Throwing a ball overarm
- ☐ Catching a ball that has been bounced
- ☐ Catching a ball with hands instead of using body
- ☐ Running around obstacles
- ☐ Jumping 10x in a row maintaining distance of jump
- ☐ Walking on tip toes
- ☐ Safely perform a forward roll
- ☐ Hopping on one foot
- ☐ Jumping over an object and landing with both feet

Fine Motor Skills

- ☐ Cutting along a line continuously
- ☐ Coordinating hands to brush teeth or hair
- ☐ Copying 9 block models
- ☐ Designing own Duplo/lego models
- ☐ Copying a circle, cross or square
- ☐ Holding pencil with tripod grasp (3 pt grasp)
- ☐ Colouring inside lines
- ☐ Colouring an entire picture
- ☐ Writing their name
- ☐ Tracing on a line with control
- ☐ Copying numbers 1-5
- ☐ Copying letters
- ☐ Using preferred hand for most activities
- ☐ Dressing and undressing independently (excluding shoe laces)
- ☐ Copying simple pictures using geometric shapes
- ☐ Independently drawing a range of pictures and completing 8-12 piece puzzle

Developmental Checklist



5-6 YEARS

Gross Motor Skills

- ☐ Standing on one foot for 10 seconds
- ☐ Kicking a ball
- ☐ Walking up stairs whilst holding an object
- ☐ Walking backwards heel toe
- ☐ Jumping forward 10 times without falling
- ☐ Skipping forward after demonstration
- ☐ Running around obstacles
- ☐ Hanging from a bar for at least 5 seconds
- ☐ Stepping forward with leg on same side as throwing arm when throwing a ball
- ☐ Walks along a line Hopping on one foot
- ☐ Safely perform forward roll
- ☐ Catching a small ball using hands only
- ☐ Jumping over an object and landing with both feet together

Fine Motor Skills

- ☐ Cutting out simple shapes
- ☐ Coordinating hands to brush teeth or hands
- ☐ Designing own lego models
- ☐ Dressing and undressing independently (excluding shoe laces)
- ☐ Writing numbers 1-10 independently
- ☐ Self-generating letter independently
- ☐ Copying a triangle
- ☐ Colouring within the lines
- ☐ Holding a pencil with 3 finger grasp and generating movement from fingers (not wrist)
- ☐ Cut and paste projects
- ☐ Drawing basic pictures
- ☐ Opening zip lock bags, containers and lunch boxes
- ☐ Using knife and fork for soft foods
- ☐ Completing a 20pc puzzle

Developmental Checklist



6-7 YEARS

Gross Motor Skills

- ☐ Running smoothly with arms opposing legs and a narrow base of support
- ☐ Running around obstacles whilst maintaining balance
- ☐ Standing on one foot for at least 10 seconds
- ☐ Skipping forward without demonstration
- ☐ Stepping forward with leg on opposite side of throwing arm when throwing ball
- ☐ Kicking a ball with accuracy to target
- ☐ Walking backwards heel toe
- ☐ Walking on a balance beam
- ☐ Hanging from a bar for at least 10s
- ☐ Holding and moving across monkey bars without support Using a skipping rope
- ☐ Hopping on 1 foot
- ☐ Jumping over and object landing with both feet together
- ☐ Safely perform a forward roll
- ☐ Catching a small ball using hands only
- ☐ Jumping over an object and landing with both feet together
- ☐ Riding a bike without training wheels

Fine Motor Skills

- ☐ Forming letters and numbers correctly
- ☐ Opening zip lock bags and containers
- ☐ Dressing and toileting independently
- ☐ Cutting neatly around shapes
- ☐ Completing 20pc puzzle
- ☐ Holding a pencil with 3 fingered grasp and using fingers to move pencil. Not wrist
- ☐ Writing on the line
- ☐ Pencil control
- ☐ Improved endurance for writing tasks
- ☐ Building with lego and other blocks
- ☐ Using knife and fork for soft foods
- ☐ Draw detailed pictures with recognisable objects
- ☐ Tying shoelaces

Developmental Checklist



7-8 YEARS

Gross Motor Skills

- ☐ Holding and moving across monkey bars without support
- ☐ Safely perform a forward roll
- ☐ Running smoothly with arms opposing legs and narrow base of support
- ☐ Running around obstacles whilst maintaining balance
- ☐ Stepping forward with leg on opposite side of throwing arm when throwing ball
- ☐ Kicking a ball with accuracy to target
- ☐ Jumping over a target landing with both feet
- ☐ Catching a small ball using hands only
- ☐ Walking on a balance beam
- ☐ Walking backwards heel toe
- ☐ Standing and
- ☐ Maintaining balance on one foot
- ☐ Using a skipping rope Hoping on one foot
- ☐ Riding a bike

Fine Motor Skills

- ☐ Writing neatly
- ☐ Holding a pencil with 3 fingered grasp and using fingers to move pencil. Not wrist
- ☐ Maintain legibility of writing
- ☐ Cutting neatly around shapes
- ☐ Dressing and toileting independently
- ☐ Using knife and fork for most foods
- ☐ Forming letters and numbers correctly
- ☐ Completing more complex puzzles
- ☐ Drawing detailed pictures with recognisable objects
- ☐ Tying shoelaces

Developmental Checklist



9-12 YEARS

Gross Motor Skills

- ☐ Enjoys/interested in team sports
- ☐ Able to swim
- ☐ Overall increased body awareness and self-perception and is beginning to develop the muscles/movements used in sport

Fine Motor Skills

- ☐ Handwriting is more automatic and fluid Increase in writing speed
- ☐ Writing can occur without the use of lines to keep words level.



**Curious about your
child's development?**

Book a Consult



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