

Welcome to the Washington University Neurofibromatosis (NF) Center

Our primary goal is to provide your family with exceptional care. A critical part of that care is making sure that our families are knowledgeable about Neurofibromatosis Type 1 (NF1) and what they should expect in the coming years.

Many children with NF1 will experience developmental delays throughout their lives. The best way to keep children on the track to success is early detection and treatment of these delays. To assist you, we have provided you an outline of typical child development.



6 MONTHS

SOCIAL

- ☐ Smiles at people
- ☐ Knows familiar faces
- ☐ Likes to look in a mirror

COMMUNICATION

- ☐ Turns head towards sounds
- ☐ Turns head responding to name
- ☐ Coos/gurges/babbles
- ☐ Begins to make consonant sounds (m, b, d)

COGNITIVE/ACADEMIC

- ☐ Pays attention to faces
- ☐ Follows people and objects with eyes
- ☐ Recognizes familiar people and things

FINE MOTOR

- ☐ Holds bottle independently
- ☐ Brings hands to mouth
- ☐ Shakes toy in hand

GROSS MOTOR

- ☐ Holds head up
- ☐ Rolls over (tummy to back)
- ☐ Pushes to elbows when lying on stomach
- ☐ Sits with support

1 YEAR

SOCIAL

- ☐ Has favorite toy
- ☐ Acts shy or nervous with strangers
- ☐ Displays different facial expressions (happy, sad, angry)
- ☐ Plays simple games like “peek-a-boo”
- ☐ Copies simple actions by others

COMMUNICATION

- ☐ Understands “no”
- ☐ Shakes head and waves goodbye
- ☐ Calls parent by “mama” or “dada”
- ☐ Begins to follow simple directions

COGNITIVE/ACADEMIC

- ☐ Searches to find hidden objects
- ☐ Understands how to use familiar objects

FINE MOTOR

- ☐ Pulls socks and shoes off
- ☐ Transfers toys between hands
- ☐ Begins to self-feed finger foods

GROSS MOTOR

- ☐ Transitions from standing to sitting
- ☐ Stands alone
- ☐ Pulls self to stand
- ☐ Sits independently
- ☐ Walks while holding onto furniture
- ☐ Takes a few steps on his/her own

18 MONTHS

SOCIAL

- ☐ Uses fingers to point
- ☐ Claps when excited
- ☐ Imitates what you and other children do

COMMUNICATION

- ☐ Follows one-step directions
- ☐ Says at least 3 words besides “mama” and “dada”

COGNITIVE/ACADEMIC

- ☐ Begins to play with toys in appropriate manners (pushing a car)

FINE MOTOR

- ☐ Scribbles on paper
- ☐ Attempts to use a spoon
- ☐ Drinks from open cup with some spills

GROSS MOTOR

- ☐ Climbs on and off the couch
- ☐ Walks independently

2 YEARS

SOCIAL

- ☐ Notices when others are hurt or sad
- ☐ Engages in imaginary play
- ☐ Plays next to, but not necessarily with another child

COMMUNICATION

- ☐ Says at least 2 words together
- ☐ Points to at least 2 body parts

COGNITIVE/ACADEMIC

- ☐ Follows 1 and 2 step directions
- ☐ When asked to point, knows at least 1 color
- ☐ Sorts shapes and colors

FINE MOTOR

- ☐ Snips with scissors
- ☐ Imitates a vertical and horizontal lines
- ☐ Uses a spoon
- ☐ Begins to show hand preference
- ☐ Turns handles to open/close doors

GROSS MOTOR

- ☐ Throws a ball overhand
- ☐ Walks up and down stairs using railing
- ☐ Begins to run
- ☐ Stands on tiptoes
- ☐ Kicks a ball

3 YEARS

SOCIAL

- ☐ Begins playing with others
- ☐ Begins to easily separate from parents

COMMUNICATION

- ☐ Uses 3-word phrases
- ☐ Words spoken are understood most of the time
- ☐ Understands prepositions and pronouns
- ☐ Asks who, what, when, where, why questions
- ☐ Says first name

COGNITIVE/ACADEMIC

- ☐ Toilet training often begins
- ☐ Completes simple puzzles
- ☐ Knows difference between having 1 or 2 of something
- ☐ Knows to not touch hot objects (like the stove) when warned

FINE MOTOR

- ☐ Puts on clothes
- ☐ Cuts a straight line
- ☐ Uses a fork
- ☐ Copies a circle

GROSS MOTOR

- ☐ Begins to jump
- ☐ Runs easily
- ☐ Walks up and down stairs with one foot on each step
- ☐ Rides tricycle
- ☐ Climbs easily
- ☐ Attempts to catch small, soft objects

4 YEARS

SOCIAL

- ☐ Understands role playing
- ☐ Prefers to play with others
- ☐ Has preferences
- ☐ Behavior changes based on location (e.g., library vs. playground)
- ☐ Shows concern for others

COMMUNICATION

- ☐ Sings a song or tells story from memory
- ☐ Knows full name and age
- ☐ Speaks in 4-word phrases
- ☐ Talks about something that happened during the day

COGNITIVE/ACADEMIC

- ☐ Says what comes next in a well-known story
- ☐ Identifies letters and shapes
- ☐ Names colors (at least 4)
- ☐ Begins to know the alphabet
- ☐ Draws a person (3 body parts)

FINE MOTOR

- ☐ Cuts out a circle
- ☐ Unbuttons small buttons
- ☐ Zips jacket
- ☐ Copies a square
- ☐ Begins shifting to tripod grasp

GROSS MOTOR

- ☐ Hops on 1 foot
- ☐ Stands on 1 foot for 10 seconds
- ☐ Catches a small ball
- ☐ Pours water into a cup

5 YEARS

SOCIAL

- ☐ Wants to do the same things as his/her friends
- ☐ Plays games with rules
- ☐ Performs simple chores

COMMUNICATION

- ☐ Knows telephone number and address
- ☐ Uses full sentences
- ☐ Uses future tense
- ☐ Converses with others using more than 3 back and forth exchanges
- ☐ Responds to “why” questions

COGNITIVE/ACADEMIC

- ☐ Counts to 10
- ☐ Understands the concept of time
- ☐ Knows some of the alphabet

FINE MOTOR

- ☐ Copies a triangle
- ☐ Colors within lines
- ☐ Writes name
- ☐ Buttons some buttons
- ☐ Mature tripod grasp

GROSS MOTOR

- ☐ Skips
- ☐ Catches and throws a ball with ease
- ☐ Rides a bicycle with training wheels
- ☐ Hops on 1 foot

6 YEARS

SOCIAL

- ☐ Engages in cooperative play
- ☐ Follows 3-step directions

COMMUNICATION

- ☐ Has clear word pronunciation
- ☐ Responds appropriately to sentences

COGNITIVE/ACADEMIC

- ☐ Knows how things are the same/different
- ☐ Knows left vs. right

FINE MOTOR

- ☐ Copies letters and numbers
- ☐ Begins using uppercase and lowercase letters
- ☐ Writes first and last name

GROSS MOTOR

- ☐ Rides a bike
- ☐ Jumps over items in walking path