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 the course of 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. Please use this checklist to track each milestone your child reaches.

If your child does not reach a milestone by the expected age, please let us know so we can implement an appropriate care plan to help your child succeed.
6 Months

Social
- ☐ Smiles at people
- ☐ Copies movements and facial expressions
- ☐ Knows familiar faces
- ☐ Likes to play with others
- ☐ Likes to look in a mirror

Communication
- ☐ Turns head towards sounds
- ☐ Turns head towards name
- ☐ Coos/gurgles/babbles
- ☐ Begins to make consonant sounds (m, b, d)
- ☐ Cries in different ways to communicate different needs

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

Gross Motor
- ☐ Holds head up
- ☐ Rolls over
- ☐ Pushes to elbows when lying on stomach
- ☐ Begins to sit without support
- ☐ Brings hand to mouth
1 Year

Social

- Has favorite toys
- Acts shy or nervous with strangers
- Repeats sounds or actions to get attention
- Plays simple games like “peek-a-boo”

Communication

- Understands “no”
- Uses fingers to point
- Responds to simple directions
- Shakes head and waves goodbye
- Says first word
- Tries to mimic words adults say

Cognitive / Academic

- Can find easily hidden objects quickly
- Understands how to use familiar objects

Gross Motor

- Crawls
- Sits up without help
- Pulls to stand
- Stands alone
- Transitions from a standing to a sitting position
- Walks while holding onto furniture
- Takes a few steps on his or her own
- Rolls objects on floor
- Crawls backwards down the stairs

Fine Motor

- Uses both hands with equal preference
- Brings toys to mouth
- Copies gestures
- Points with index finger
- Feeds his or her self finger foods
- Drinks from cup or bottle without assistance
2 Years

Social

☐ Shows affection for familiar people
☐ Engages in imaginary play
☐ Copies others
☐ Plays next to, but not necessarily with, another child

Communication

☐ Says and shakes head “no”
☐ Says several words
☐ Speaks in 2 to 3 word sentences
☐ Knows the names of familiar people

Cognitive / Academic

☐ Follows 1 and 2 step directions
☐ Sorts shapes and colors
☐ Names things in a picture

Gross Motor

☐ Walks alone
☐ Walks up and down the stairs using the railing
☐ Begins to run
☐ Undresses self with assistance
☐ Stands on tiptoes
☐ Kicks a ball
☐ Throws a ball overhand

Fine Motor

☐ Turns pages in a book
☐ Turns handles to open and close doors
☐ Scribbles
☐ Begins to show a hand preference
☐ Uses a fork or spoon
3 Years

Social
- Engages in imaginary play that has rules
- Begins playing with others
- Makes up his or her own story to a picture book
- Takes turns in a game
- Shows a wide range of emotions
- Separates easily from his or her parent
- Dresses with supervision

Gross Motor
- Begins to jump
- Runs easily
- Walks up and down the stairs with one foot on each step
- Rides a tricycle
- Climbs easily
- Attempts to catch a small, soft object

Communication
- Speaks in 3 and 4 word sentences
- Has a multiple sentence conversation
- Words spoken are understood over half of the time
- Understands prepositions (in, on, of) and pronouns (she, he)
- Understands the idea of possession (his, hers, mine)

Cognitive / Academic
- Toilet training begins
- Can work toys with parts and buttons
- Completes simple puzzles
- Knows the difference between having 1 of something and 2 of something

Fine Motor
- Draws a circle
- Draws a person (3 body parts)
4 Years

Social

- Understands role playing (pretending to be a mom or teacher)
- Prefers to play with others
- Works with other children toward a common goal
- Knows what (s)he likes and doesn’t like
- Dresses without assistance

Communication

- Sings a song or tells a story from memory
- Enjoys rhymes and wordplay
- Knows his or her full name and age

Communication

- Understands big versus small
- Follows a 3 step command
- Counts to 4
- Names colors (at least 4)
- Identifies letters and shapes
- Begins to know the alphabet
- Pays attention when listening to books being read
- Plays board and card games

Gross Motor

- Hops on one foot
- Performs simple chores
- Can stand on one foot for a few seconds
- Catches a bounced ball
- Catches a small ball

Fine Motor

- Cuts soft food with a knife
- Draws a square
- Uses blunt scissors
5 Years

Social

☐ Wants to do the same things his or her friends do
☐ Shows concern for others
☐ Shows awareness that he or she is a boy or girl
☐ Can tell the difference between reality and fantasy
☐ Toilet trained

Communication

☐ Speaks clearly
☐ Uses full sentences
☐ Uses future tense (the word “will”)  
☐ Knows telephone number and address

Gross Motor

☐ Can walk placing his or her heel directly in front of toe
☐ Skips
☐ Broad jumps (squats and leaps with feet together)
☐ Somersaults (sits, tucks head and rolls forward to seated position)
☐ Catches and throws a ball with ease
☐ Rides a bicycle with training wheels
☐ Stands on one foot for 10 seconds

Cognitive / Academic

☐ Counts to 10
☐ Responds to “why” questions
☐ Understands the concept of time
☐ Understands a sequence of events
☐ Colors inside the lines
☐ Can draw shapes shown to him or her
☐ Knows the alphabet
☐ Begins to write letters
☐ Begins to match spoken words with written words

Fine Motor

☐ Ties shoes
☐ Spreads butter with a knife
☐ Draws a triangle
5 Years

Social

☐ Prefers to play in a group rather than alone

Communication

☐ Speaks the words in a sentence in correct order
☐ Has clear pronunciation

Cognitive / Academic

☐ Writes his or her name
☐ Recognizes three and four letter words

Gross Motor

☐ Plays hopscotch
☐ Begins to jump rope
☐ Rides a bike without training wheels
☐ Jumps over things in his or her walking path

Fine Motor

☐ Shows a hand preference
☐ Can open a closed box
☐ Cuts along a line with scissors