

CHILD DEVELOPMENT [6 MONTHS – 6 YEARS]

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.

THIS CHECKLIST IS FOR _____,

BORN ON _____.

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

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 quickly locate easily hidden objects
- Understands how to use familiar objects

FINE MOTOR

- Uses both hands with equal preference
- Brings toys to mouth
- Copies gestures
- Feeds him/herself finger foods
- Drinks with cup/bottle without assistance

GROSS MOTOR

- Crawls
- Sits up without help
- Pulls to stand
- Stands alone
- Transitions from standing to sitting
- Walks while holding onto furniture
- Rolls object on floor
- Crawls backward down stairs

SOCIAL

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

COMMUNICATION

- Says and shakes head "no"
- Says several words
- Speaks in 2 – 3 word sentences
- Knows the names of familiar people

COGNITIVE/ACADEMIC

- Follows 1 – 2 step instructions
- Sorts shapes and colors
- Names things in a picture

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

GROSS MOTOR

- Walks alone
- Walks up/down stairs using railing
- Begins to run
- Undresses self with assistance
- Stands on tiptoes
- Throws a ball overhand

SOCIAL

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

GROSS MOTOR

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

COMMUNICATION

- Speaks in 3 – 4 word sentences
- Has multiple sentence conversations
- Majority of words spoken are understood
- Understands prepositions and pronouns
- Understands idea of possession (his, hers, mine)

FINE MOTOR

- Draws a circle
- Draws a person (3 body parts)

COGNITIVE/ACADEMIC

- Toilet training begins
- Can work toys with multiple parts/buttons
- Completes simple puzzles
- Knows difference between having 1 of something vs. having 2, etc.

SOCIAL

- Prefers to play with others
- Works with other children toward common goal
- Knows what (s)he likes/doesn't like
- Dresses without assistance
- Understands roleplaying (pretends to be mom/teacher)

COMMUNICATION

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

COGNITIVE/ACADEMIC

- Understands big vs. small
- Follows a 3-step command
- Counts to four
- Names at least four colors
- Identifies letters and shapes
- Begins to know the alphabet
- Pays attention to books being read aloud
- Plays board and card games

GROSS MOTOR

- Hops on one foot
- Performs simple chores
- Catches a bounced ball
- Catches a small ball
- Can stand on one foot (several seconds)

FINE MOTOR

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

SOCIAL

- Toilet trained
- Shows concern for others
- Shows awareness (s)he is a boy/girl
- Wants to do same things as his/her friends
- Understands difference between reality/fantasy

COMMUNICATION

- Speaks clearly
- Uses full sentences
- Uses future tense ("will")
- Knows telephone number/address

COGNITIVE/ACADEMIC

- Counts to ten
- Responds to "why" questions
- Understands concept of time
- Understands sequence of events
- Colors inside the lines
- Can draw shapes shown to him/her
- Knows the alphabet
- Begins to write letters
- Begins to match spoken words to written words

GROSS MOTOR

- Can walk placing heel in front of toe
- Skips
- Stands on one foot (10 seconds)
- Rides bike with training wheels
- Catches and throws ball with ease
- Broad jumps (squats & leaps w/ feet together)
- Somersaults (sits, tucks head and rolls forward to seated position)

FINE MOTOR

- Ties shoes
- Spreads butter with a knife
- Draws a triangle

SOCIAL

- Prefers to play in a group rather than alone

COMMUNICATION

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

COGNITIVE/ACADEMIC

- Writes his/her name
- Recognizes 3 – 4 letter words

GROSS MOTOR

- Plays hopscotch
- Begins to jump rope
- Jumps over obstacles in his/her walking path
- Rides bike without training wheels

FINE MOTOR

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