



Development Milestones and When to Worry: Birth through Elementary School



This developmental milestone quick guide will help you follow your child's developmental progress and note any red flags along the way.* If a child misses multiple developmental steps, it can impact coordination, focus, learning, and socialization.** By monitoring a child's accomplishments and the time it takes to reach each stage of development, parents can address developmental delays before they impact school performance, social skills, and behavior.

Brain Balance Achievement Centers is the leading drug-free program helping kids move beyond challenges to achieve greater success. This personalized program is designed to improve focus, behavior, social skills, anxiety, and academic performance. The program takes an integrative approach to strengthening the brain and its connections through sensory engagement, physical development, academics, and nutrition. Over the past decade, this comprehensive and effective program has helped thousands of individuals nationwide to improve the critical skills needed to create a brighter path for their future.

Learn more about the research supporting our program and our results: www.BrainBalance.com

(Adapted from The Early Childhood Direction Center's Developmental Checklist)

***According to the Centers for Disease Control (CDC) Developmental Monitoring and Screening guide*

LESS THAN 1 YEAR

- Soothed by rocking
- Mimics simple actions of others; smile, frown
- Displays separation anxiety when apart from mother
- Responds to friendly and angry tones
- Uses one or more words with meaning



RED FLAG: Says no single words by age 1*

1 - 2 YEARS

- Starts to show independence; May hit, bite, or fight over a toy
- Tries to imitate words
- Vocabulary is chiefly made up of nouns (gaining 15 new words/month)
- Responds to "no" and simple verbal requests
- Listens to a story or looks at pictures



RED FLAG: Disrupted Sleep Patterns;
Lack of Social Engagement with Parent*

2 - 3 YEARS

- Is emotionally attached to toys or objects for security
- Screams, throws temper tantrums for little cause
- Vocabulary includes 150-300 words
- Understands two-step command
- Has a slight increase in attention span
- Outgrows separation anxiety



RED FLAG: Can't sit and listen to a story*

3 - 4 YEARS

- Plays cooperatively
- Has no sense of privacy
- Asks a lot of questions
- Vocabulary is around 900-1,000 words
- Feeds self without difficulty



RED FLAG: Does not engage or interact with other kids;
Plays parallel to other children vs. with them*

**Please note, one red flag does not signify an issue or constitute a problem or diagnosis. It simply means that you should watch your child more closely and pay attention as your child moves through development. Check out the research and reviews section of our website to learn more about the relationship between developmental milestones and positive outcomes.*



4 - 5 YEARS

- Understands concepts of right and wrong
- Often indulges in make-believe
- Displays concern and sympathy
- Repeats words, phrases, syllables, and even sounds
- Uses the past tense correctly
- Names common objects in picture books or magazines



RED FLAG: *Not interested in coloring & drawing**

5 - 6 YEARS

- Friendships change rapidly
- Leads as well as follows
- Apologizes for mistakes
- Understands opposites
- Understands the concept of time
- Questions more deeply, addressing meaning and purpose



RED FLAG: *Withdrawn or aggressive; Gravitates toward younger friends**

6 - 7 YEARS

- Wants to be the first and best at everything
- Focuses less on one's self and shows more concern for others
- Begins to learn from mistakes
- Has the ability to describe experiences
- Properly pronounces "sh", "ch", "th"
- Can tell a complicated story



RED FLAG: *Overly friendly; No sense of stranger danger**

7 - 8 YEARS

- Cares for self, room, and belongings
- Has a sense of humor and tells jokes
- Draws moral distinctions based on internal judgment
- Begins to reason and concentrate
- Can write or print many words correctly
- Solves simple math problems using objects



RED FLAG: *Brings more school work home than peers; Needs frequent repetition for concepts to "stick"**

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8 - 9 YEARS

- Becomes impatient; finds waiting for special events torturous
- Fear of speaking in front of class
- Is highly social
- Can converse at an almost-adult level
- Reading may be a major interest
- Thinking is organized and logical



RED FLAG: *Has not forged one to two primary friendships**

9 - 10 YEARS

- Wants to put some distance between self and adults
- Can express a wide range of emotions & controls anger
- Understands social roles and appropriate behavior
- Complains about fairness
- Worries about things
- Is beginning to make decisions



RED FLAG: *Difficulty with self-control; Public meltdowns**

10 - 11 YEARS

- Tries to avoid looking childish
- Understands how behavior affects others
- Is truthful
- Has an accurate perception of events
- Possesses a surprising scope of interests
- More effective at coping skills



RED FLAG: *Lack of self-awareness; Doesn't see that their skills and abilities are not in alignment with peers**

