



The Foundation Scale

Infant, Toddler and Preschool Children

The following Foundation Scale was compiled by Cris Rowan, Occupational Therapist, condensed from the 'Brigance Diagnostic Inventory of Early Development' and the 'Peabody Scales'. This approximate scale was designed as a guideline to assist parents in determining if their children are meeting age level expectations, and therefore should not be interpreted as accurate or predictive. These skills should be achieved by the end of the relevant age.

Age	Posture and Coordination	Crawling and Stairs	Eyes and Hands	Self Care	Speech	Attachment
3 mos.	<ul style="list-style-type: none"> • Holds neck in midline • Rolls part way side to side 		<ul style="list-style-type: none"> • Eyes move together horizontally 	<ul style="list-style-type: none"> • Swallows soft foods 	<ul style="list-style-type: none"> • Smiles • Makes pleasure sounds 	<ul style="list-style-type: none"> • Stops crying when someone enters room • Sustained eye contact with mom
6 mos.	<ul style="list-style-type: none"> • Sits unsupported for 5 mins. • Rolls back to front and front to back 	<ul style="list-style-type: none"> • Body drag 	<ul style="list-style-type: none"> • Eyes follow 180° arch • Palmer grasp 	<ul style="list-style-type: none"> • Lip closure 	<ul style="list-style-type: none"> • Waves 'bye bye' • 'Sing' tones 	<ul style="list-style-type: none"> • Responds to name • Mutual engagement with parent
9 mos.	<ul style="list-style-type: none"> • Stands unsupported 	<ul style="list-style-type: none"> • Uncoordinated crawl 	<ul style="list-style-type: none"> • Eyes move together, all directions 	<ul style="list-style-type: none"> • Drinks from cup with support 	<ul style="list-style-type: none"> • Understands 'no no' • Says one word (mama, dada) 	<ul style="list-style-type: none"> • Gives affection • Intentional gestures
12 mos.	<ul style="list-style-type: none"> • Walks supported 	<ul style="list-style-type: none"> • Coordinated crawling • Crawls up stairs 	<ul style="list-style-type: none"> • Imitates scribble • Fisted grasp 	<ul style="list-style-type: none"> • Controls drooling • Cooperates with dressing • Urinates in potty 	<ul style="list-style-type: none"> • Nods head for 'yes' • Knows 3 words (other than mama, dada), but not using sentences 	<ul style="list-style-type: none"> • Follows simple commands • Expresses needs and wants
18 mos.	<ul style="list-style-type: none"> • Walks unsupported • Kicks ball 	<ul style="list-style-type: none"> • Stairs with hand hold, one foot at a time 	<ul style="list-style-type: none"> • Looks at book • Purposeful marks on paper with crayon, goes off page 	<ul style="list-style-type: none"> • Holds cup no support • Chews/swallows solid food 	<ul style="list-style-type: none"> • Strings 2-3 words together 	<ul style="list-style-type: none"> • Calls at least one person by name • Complex gestures
2 years	<ul style="list-style-type: none"> • Stands on tip toes/one foot • Walks backward • Jumps on both feet 	<ul style="list-style-type: none"> • Stairs with rail, one foot at a time 	<ul style="list-style-type: none"> • Turns pages of a book • Finger grasp • Scribbles on page • Holds scissors 	<ul style="list-style-type: none"> • Holds fork/spoon in fist • Assists with dressing • Defecates in potty 	<ul style="list-style-type: none"> • Says two words per sentence • Sings with music 	<ul style="list-style-type: none"> • Says 'thank you' and 'please' • Pretend play • Creating symbols
3 years	<ul style="list-style-type: none"> • Catches bounced ball with arms/body • Runs smoothly changing speed • Rides tricycle 	<ul style="list-style-type: none"> • Stairs with hand hold, alternating feet 	<ul style="list-style-type: none"> • Relates information in books to real life • Cuts paper in half following pre-drawn line • Draws a circle 	<ul style="list-style-type: none"> • Chews with rotary motion • Puts on shoes, shirt and pants • Urinates without assistance 	<ul style="list-style-type: none"> • Says three words per sentence • Sings a few songs • Knows own age 	<ul style="list-style-type: none"> • Shows an interest in conversing with others • Asks questions • Makes demands • Chooses play options
4 years	<ul style="list-style-type: none"> • Catches thrown ball with arms/body • Skips on one foot • Rides bike with training wheels 	<ul style="list-style-type: none"> • Stairs with rail, alternating feet 	<ul style="list-style-type: none"> • Tries to read books from memory • Cuts out triangle shape and moves paper while cutting • Draws vertical and horizontal lines 	<ul style="list-style-type: none"> • Holds fork/spoon in fingers • Puts on socks • Defecates without assistance 	<ul style="list-style-type: none"> • Says four words per sentence • Dances to songs with rhythm 	<ul style="list-style-type: none"> • Says 'excuse me' • Abstract thinking • Links logic and ideas • Anticipates consequences
5 years	<ul style="list-style-type: none"> • Catches thrown ball with hands • Skips using alternating feet • Rides bike without training wheels 	<ul style="list-style-type: none"> • Stairs without handhold, alternating feet 	<ul style="list-style-type: none"> • Read some 'sight' words • Cuts circle shape • Draws six shapes – circle, triangle, square, +, X, asterisk 	<ul style="list-style-type: none"> • Uses knife for spreading • Independent dressing (except fasteners) • Independent toileting 	<ul style="list-style-type: none"> • Says five words per sentence • Asks definition of words 	<ul style="list-style-type: none"> • Participates in a conversation without monopolizing

