

### Sensory Development Chart

Age	Developmental Milestones	Possible Implications if Milestone Not Achieved
0-6 months	<ul style="list-style-type: none"> <li>• Recognizes scent of mother's breast milk</li> <li>• Hearing is mature</li> <li>• Tracks objects with eyes</li> <li>• Looks at own hands</li> <li>• Responds to sounds and voice</li> <li>• Reaches for nearby objects</li> <li>• Actively coordinates suck, swallow, breath sequence, tongue is cupped, forward rhythmical movements of the tongue, and jaw consistently moves up and down in a coordinated pattern</li> <li>• Sleeps 4-10 hour intervals</li> <li>• Cries to communicate hunger, fear, discomfort</li> </ul>	<ul style="list-style-type: none"> <li>• May have difficulty with breast feeding</li> <li>• May have difficulties settling to sleep</li> <li>• May cry often</li> </ul>
6-12 months	<ul style="list-style-type: none"> <li>• Plays 2-3 minutes with a single toy</li> <li>• Imitates gestures</li> <li>• Uses tongue to move food around mouth</li> <li>• Opens mouth to be fed</li> <li>• Sleeps 10-12 hours with only 1 awakening</li> <li>• Tolerates a range of different textured foods</li> <li>• Drinks from a cup</li> </ul>	<ul style="list-style-type: none"> <li>• May have difficulty tolerating different textured foods</li> <li>• May have difficulties settling and may wake often during the night</li> <li>• May have difficulties socialising with parents and joint attention</li> <li>• May struggle to copy and learn from others due to poor understanding and attention</li> </ul>
1-2 years	<ul style="list-style-type: none"> <li>• Bothered by soiled nappy</li> <li>• Distinguishes between edible and inedible objects (18 months)</li> <li>• Understands common dangers of hot objects, stairs, glass</li> <li>• Enjoys messy play</li> <li>• Reacts to extremes in temperature</li> <li>• Copies sounds that you make</li> <li>• Looks for an object he/she watched fall out of sight (such as a spoon that fell under the table)</li> <li>• Follow simple 1 step instructions</li> <li>• Solves problems with trial and error</li> </ul>	<ul style="list-style-type: none"> <li>• May have difficulties socialising with parents and joint attention</li> <li>• May struggle to copy and learn from others due to poor understanding and attention</li> <li>• May have delayed play skills (e.g. show little interest in toys)</li> <li>• May have difficulty tolerating different textured foods</li> <li>• May have difficulties settling and may wake often during the night</li> </ul>

2-3 years	<ul style="list-style-type: none"> <li>• Uses toilet with assistance and has daytime control</li> <li>• Sits to look at books independently</li> <li>• Pays attention for 3 minutes</li> <li>• Begins to be able to take turns</li> <li>• Explores surroundings</li> <li>• Points to 5-6 parts of a doll when asked</li> <li>• Matches circles and squares</li> </ul>	<ul style="list-style-type: none"> <li>• May have trouble socialising with peers and joint attention</li> <li>• May struggle to copy and learn from others due to poor understanding and attention</li> <li>• May have difficulties following instructions at home/child care</li> <li>• May demonstrate delayed play skills</li> <li>• May demonstrate difficulties with toilet training</li> <li>• May have difficulty tolerating different textured foods (e.g. picky eater)</li> <li>•</li> </ul>
3-4 years	<ul style="list-style-type: none"> <li>• Can count 1-5</li> <li>• Knows most colours</li> <li>• Can differentiate between real and pretend world</li> <li>• Takes turns</li> <li>• Able to completely clothe self, only requiring assistance with laces, buttons, and other fasteners in awkward places</li> <li>• Feeds self without difficulty</li> <li>• Social encounters are acted out through play activities</li> </ul>	<ul style="list-style-type: none"> <li>• May have difficulties socialising with peers</li> <li>• May struggle to copy and learn from others due to poor understanding and attention</li> <li>• May have difficulties following instructions at home, childcare, kindergarten, pre-school</li> <li>• May have difficulties expressing wants, needs, thoughts and ideas</li> <li>• May have difficulty tolerating different textured foods (e.g. picky eater)</li> </ul>
4-5 years	<ul style="list-style-type: none"> <li>• Can count 1-10</li> <li>• Knows shapes</li> <li>• Develops friendships</li> <li>• Expresses emotions</li> <li>• Able to follow rules</li> <li>• Able to sit and pay attention (e.g. mat time)</li> </ul>	<ul style="list-style-type: none"> <li>• May have difficulties socialising</li> <li>• May struggle to copy and learn from others due to poor understanding and attention</li> <li>• May have difficulties following instructions at home or kindergarten</li> <li>• May have difficulties expressing wants, needs, thoughts and ideas</li> <li>• May have difficulties sitting still</li> <li>• May have difficulty tolerating different textured foods (e.g. picky eater)</li> </ul>

<p>5-6 years</p>	<ul style="list-style-type: none"> <li>• 20/20 vision</li> <li>• Able to write numbers and letters</li> <li>• Begins to be able to write simple sentences</li> <li>• Begins to recognise others perspectives</li> <li>• Knows left and right</li> <li>• Begins to reason and argue; uses words like why and because</li> <li>• Can categorize objects: “These are toys; These are books”</li> <li>• Understand concepts like yesterday, today, and tomorrow</li> <li>• Can copy complex shapes, such as a diamond</li> <li>• Should be sounding out simple words like “hang”, “neat”, “jump” and “sank”</li> <li>• Can sit at a desk , follow teacher instructions, and independently do simple in-class assignments</li> </ul>	<ul style="list-style-type: none"> <li>• May have difficulties socialising</li> <li>• May have poor attention and concentration</li> <li>• May have difficulties following instructions at home, school</li> <li>• May have difficulties retelling events</li> <li>• May have difficulties following routines</li> <li>• May have difficulties expressing thoughts and ideas verbally and in written form</li> <li>• May be easily distracted and have difficulty sitting still</li> <li>• May have difficulty tolerating different textured foods (e.g. picky eater)</li> </ul>
<p>6-7 years</p>	<ul style="list-style-type: none"> <li>• Forms numbers and letters correctly</li> <li>• Recognises others perspective</li> <li>• Develops a longer attention span</li> <li>• Are willing to take on more responsibility (i.e. chores)</li> <li>• Understands fractions and the concept of space</li> <li>• Understands money</li> <li>• Can tell time</li> <li>• Can name months and days of the week in order</li> <li>• Enjoys reading a book on their own</li> </ul>	<ul style="list-style-type: none"> <li>• May have difficulties socialising</li> <li>• May have poor attention and concentration</li> <li>• May have difficulties following instructions at home, school</li> <li>• May have difficulties retelling events</li> <li>• May have difficulties expressing thoughts and ideas verbally and in written form</li> <li>• May have difficulties responding appropriately to questions</li> <li>• May have difficulty tolerating different textured foods (e.g. picky eater)</li> </ul>