

Introduction

- **W**ash hands, **I**ntroduce self, ask **P**atient's name & what they like to be called, **E**xplain examination and get consent from parents
- Ask parents if they have any developmental concerns
- **O**bserve child for 30 seconds
- Tips
 - The below categories can be done in any order e.g. if the child is comfortable on the parents lap, it may be better to leave gross motor until last and do the other 3 categories with them on their parents lap first
 - You should ask the parents questions to fill in any gaps or anything you cannot get them to demonstrate e.g. if they are not rolling, ask if the parents have seen them roll
 - You should know the ages for a few milestones in each category – suggested examples in red below

Gross motor

- Ask parent if it is OK if you put the child on a play-mat on the floor
- Lie on back – see if can **roll**
- Lift shoulders to sitting position – look for **head control (3 months)**
- See if they can **sit** aided/unaided (**6 months**)
 - Look at curvature of spine and sitting reflexes
- Pull to **stand** – see how much support is needed (**9 months**)
- Get them to **walk** if able (**15 months**) or run (**2 years**)
- Lastly, place prone (see if lifts head, chest or crawls (**10 months**))

Fine motor & vision

- Get child to take a toy and observe
 - **Transfers (6 months)**
 - Type of **grip (palmar grasp 6 months; pincer grip 9-10 months)**
- Offer bricks
 - 3-cube tower (**18 months**)
 - Builds bridge (**3 years**)
- Give paper and pen if old enough
 - Scribbles (**18 months**)
 - Circular scribbles and lines (**2 years**)
 - Copies circle (**3 years**)
 - Copies cross (**4 years**)
- Vision – wave toy
 - **Fixes and follows (3 months)**

Hearing & language

- Click fingers or use rattles (see if they turn to sounds)
 - Startles to noise (**newborn**)
 - Turns to sounds (**7 months**)
 - Turns to name (**12 months**)
- Talk to child and ask parents what the child can say or noises they can make
 - **Babble (6 months)**
 - Single non-specific **word (9 months)**
 - **Mummy and daddy (12 months)**
 - 2 word **sentences (2 years)**
 - Knows name and colours (**3 years**)
- Commands
 - E.g. put the brick in the cup (**2 years**)

Social

- Observe interaction with people/environment
 - **Smile (6 weeks)**
 - **Laughs (3 months)**
 - **Stranger anxiety (9 months)**
 - Plays **peek-a-boo (9 months)**

- **Waves bye (12 months)**
- Ask parents about their diet
 - **Solids (6 months)**
 - **Fork and spoon (2 years)**

To complete

- Thank child and parents
- “I would complete my examination by looking at their **growth charts** and measuring weight, height and head circumference”
- “I would like to take a **full history**”
- Summarise
 - If age unknown: estimate developmental age
 - If age known: comment if the development is appropriate for age, globally delayed or asymmetrically delayed

Normal development				
	Gross motor	Fine motor & vision	Hearing & language	Social
Neonate	Moves all limbs	Looks, startles	Startles to noise	Cries Smiles (6 weeks)
3 months	Head control	Reach for objects Fixes and follows	Cries, laughs, vocalises (4 months)	Laughs
6 months	Sits	Co-ordination Transfers	Localises sound Babbles	Alert and interested Starts solids
9 months	Crawls	Pincer grip	Inappropriate sounds	Stranger anxiety
12 months	Stands Walks at 15m		Babbles Understands simple commands Says mamma/dadda	Socially responsive Wave bye
2 years	Runs Stairs	Circular scribbles and lines	2 word phrases	Uses fork and spoon
3-4 years	Stand on one foot	Builds bridge with bricks	3 word sentences Knows colours	Interactive play
5 years	Skips/hops	Full drawing	Fluent speech	Dresses self

Common stations

- **Normal child** – you may get asked their developmental age or they may lie about the child’s age
- **Global developmental delay**
 - Prenatal causes: chromosome disorders e.g. Down’s syndrome, cerebral dysgenesis, hypothyroidism, alcohol/drugs in pregnancy, rubella/CMV/toxo
 - Perinatal causes: intraventricular haemorrhage, hypoxic brain injury, hypoglycaemia
 - Postnatal causes: meningitis/encephalitis, anoxic events, head injury, hypoglycaemia
- **Asymmetrically delayed**
 - Motor (manifest in 1st year): cerebral palsy, congenital myopathy, spinal cord lesions, visual impairment, balance problems
 - Language (manifest in 2nd year): hearing loss, anatomical deficits (e.g. cleft palate), normal variant/familial, environmental deprivation
 - Social (manifest in 3rd year): autism, hyperactivity, ADHD