

DEVELOPMENTAL MILESTONES

8 YEARS OLD

Cognitive and Sensory Skills

- Opening lunch boxes, zip lock bags, food packaging.
- Packing a bag for school or other outings with little assistance/prompting.
- Recalling events and describing them.
- Expressing emotions.
- Remembering a sentence to write that was just thought about or told.
- Attending for longer periods of time.
- Sitting still (e.g. in class, at mealtimes).
- Coping in busy/noisy environments.
- Showering independently.
- Taking on more responsibilities (e.g. chores).
- Understanding money.
- Telling the time and displaying time management skills.
- Inhibiting the need to talk and ask questions.
- Preparing simple meals (e.g. cereal, sandwich).

Language Skills

- Continues to rapidly develop vocabulary, with an estimate of about 3,000 new words learned during the year
- Speaks appropriately by controlling and adjusting speaking rate, voice pitch and volume
- Can produce all sounds and sound blends
- Able to pronounce consonant clusters like, "str-" in "straw"
- Begins and ends conversations appropriately
- Takes turns when speaking
- Maintains the topic of conversation and uses appropriate eye contact when communicating

Gross Motor Skills

- Stops quickly and with balance. Changes directions quickly and safely on command.
- Performs simple dances in rhythm to music
- Begins to show mature form of leaping
- Uses mature form more frequently when throwing and catching. Can throw and catch with a stationary partner or while traveling slowly. Throws different objects with consistency
- Supports own weight for several seconds at a time when hanging or climbing with upper or lower body

Fine Motor Skills

- Forms most letters and numbers correctly
- Writes consistently on the lines
- Demonstrates controlled pencil movement
- Good endurance for writing
- Can build Lego, knex and other blocks independently
- Tie Shoe Laces
- Maintains legibility of handwriting for entirety of a story

Self-Care Skills

- Independence in feeding, dressing, toileting, and showering (with reminders)
- Tying shoes
- Independence brushing/combing hair (assistance styling)
- Can follow a sleep schedule
- Eats a range of food with different textures

Social-Emotional Skills

- Values friends greatly and shares common interests
- Has at least one close friend (best friend)
- Shows skills in settling conflicts with peers
- Can talk things through
- Able to stay friends after a conflict
- Constantly recognizes the views of others
- May insist on having their own way but is able to listen to reason
- Has more complex emotional life made up of mixtures of feelings
- Knows when emotions are appropriate to express
- Able to mask feelings
- May start to engage in leadership, goal-setting, elaborate fantasy play

Red Flags

- Difficulty with any of the following tasks listed above
- Difficulty completing handwriting tasks in a timely manner
- Experiencing fatigue during handwriting tasks
- Poor academic achievement due to difficulty getting ideas down on paper
- Difficulties due to avoidance of pencil based tasks