



सत्यमेव जयते

Central Adoption Resource Authority केन्द्रीय दत्तक-ग्रहण संसाधन प्राधिकरण

(A Statutory Body of Ministry of Women & Child Development, Government of India)
(भारत सरकार के महिला एवं बाल विकास मंत्रालय की सांविधिक निकाय)



1-11-2017-18/JD/Cir

07.03.2018

No.....

CIRCULAR

Date.....

Sub: Identifying and Reporting Delayed Milestones of children in the Medical Examination Report.

1. CARA has received numerous grievances from prospective adoptive parents on the Medical Examination Report (MER) prepared by the SAAs which does not reflect complete details of the health status of the children and their developmental history which is essential in deciding the categorisation of the child.
2. The prospective adoptive parent is in a position to take an informed decision, only if the health condition of the child, as per the format of the MER has been properly recorded.
3. The SAAs shall ensure that the MER is prepared as per Schedule III of the Adoption Regulations (AR), 2017, after getting all the medical tests done as per Schedule IV of the AR, 2017. All test reports must be included with the MER.
4. Further, a copy of the chart of Developmental Milestones is attached as Appendix to this circular. The same may be referred to while filling the Section D of the MER. The milestones are for children in family and due consideration must be given to expected delays in case of children in the institutions.
5. The Medical Practitioner & the SAA must strictly follow the Regulations and Categorisation of the child as Normal/Special Needs be done as per Schedule XVIII of AR, 2017.
6. In case of any variation observed in the information provided by the SAA in the MER, it shall be liable to stringent action as applicable under Regulation 25 (2) (c & d) of AR, 2017.

(Deepak Kumar)
Member Secretary & CEO

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Copy to:-

- (1) All Specialized Adoption Agencies (SAAs)
- (2) All State Adoption Resource Agencies (SARAs)
- (3) CW-II Section, MWCD – for information please.

DEVELOPMENTAL MILESTONES

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For more details: <http://pedneuroaiims.org>

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Age	Red Flags for Gross Motor
9 Months	No sitting without support
12 Months	No Standing with Assistance
17 Months	Unable to stand alone
18 Months	Unable to walk alone
2 Years	Unable to walk upstairs with help
4 Years	Unable to jump

Age	Red Flags for Fine Motor
5 Months	Unable to hold rattle
12 Months	No pincer grasp
20 Months	Unable to remove socks/ gloves
24 Months	Unable to scribble
3 Years	Cannot work simple toys
5 Years	Does not draw picture

Age	Red Flags for Hearing
12 Months	No Babbling/ Vocal Imitation
18 Months	No use of single words
24 Months	Single word vocabulary ≤10 words
30 Months	<100 words, No 2-word combination
36 Months	<200 words, No telegraphic sentence
42 Months	<600 words, No simple sentences

Age	Red Flags for Socioadaptive
2 Months	No social smile
12 Months	No pointing
3 Years	No pretend play
4 Years	Does not respond to peers
5 Years	Unusually withdrawn and not active



Age	Language Milestone
4 Weeks	Quietens when bell is rung
8 Weeks	Smiles and vocalizes when talked to
12 Weeks	Squeals with pleasure, aah-naah
16 Weeks	Aah-goo
20 Weeks	Razzing (blowing between partly closed lips)
24 Weeks	Monosyllabic babble (ba-ba, da-da)
32 Weeks	Bisyllable (ba-ba, da-da)
1 Year	2-3 Words with meaning
15 Months	Jargoning
18 Months	10 words with meaning
2 Years	50 words vocabulary
3 Years	250 words vocabulary, questioning, uses pronouns, nursery rhymes
4 Years	Speaks in sentences of 5-6 words, tells long stories
5 Years	Speaks sentences of more than 5 words; Uses future tense; Says name and address

Age	Hearing Milestones
26 Weeks IU	Startle reflex
3 Months	Turns the head to the side from where sound is coming
3-4 Months	Turns the head as well as eyes to the direction of sound
5-6 Months	Turns head sideways and below
6 Months	Turns head sideways and then upward; starts imitating sounds
6-8 Months	Starts responding to name
8-10 Months	Turns head diagonally and directly towards the sound source
1 Year	Ability to localize sound as good as adult



Age	Gross Motor Milestone
4 weeks	Complete head lag on pull to sit, pelvis high with knees under abdomen
8 weeks	On pull to sit less head lag, on ventral suspension can maintain head in same plane as rest of the body, in prone position has head in midline
12 weeks	Bears weight on forearm , face couch angle 45° - 90°. Only slight head lag on pull to sit
20 Weeks	No Head Lag
6 Months	Keeps chest and upper part of abdomen off couch, Rolls from prone to supine, Sits supported (with back support)
7 Months	Sits on couch with hand support , Weights on one hand, Rolls from supine to prone
9 Months	Crawls, stand himself on holding furniture
10 Months	Creeps on hands and knees with abdomen off
11 Months	Cruises (Walks holding on to furniture); Pivots (Twisting around to pick an object)
12 Months	Walks with one hand held
15 Months	Walks unsupported
18 Months	Runs stiffly
24 Months	Goes up and downstairs two feet per step ; runs properly
2 1/2 Years	Jumps with both feet , walks on tip toe
3 Years	Rides a tricycle , goes up stairs- one foot per step, goes downstairs- two feet per step
4 Years	Goes downstairs one foot per step; Skips on one foot
5 Years	Skips on both feet

Age	Fine Motor Milestones
1 Month	Primitive grasp reflex
3 Months	No grasp reflex, Retains rattle if placed in hand
4 Months	Hand regard, Bidextrous approach
5 Months	Palmer grasp
6 Months	Unidextrous approach, Transfers of objects
9 Months	Pincer grasp
12 Months	Casting
15 Months	Picks up & drinks from cup , Scribbles spontaneously, Tower of 2 cubes
18 Months	Manages spoon well , Tower of 3-4 cubes, Turns 2-3 pages
2 Years	Takes off clothes without buttons , Imitates horizontal line and circle, Tower of 5-6 cubes, Turns page singly
2 1/2 Years	Imitate vertical line, Tower of 8 cubes
3 Years	Puts on shoes without lace, Unbuttons , Imitates cross, Copies circle, Tower of 9-10 cubes, Imitates bridge
4 Years	Copies cross, draw a man test 4 parts, incomplete man 3 parts, buttons
4 1/2 Years	Copies square, copies gate, draw a man test 6 parts, Incomplete man adds six parts

Age	Socioadaptive Milestones
2 Months	Social Smile
3 Months	Recognises mother
5 Months	Smiles at mirror image
6 Months	Stretches arms out to be held; Stranger anxiety
7 Months	Responds to name
9 Months	Waves "bye-bye"; Pulls clothes of another to attract attention; repeats performance laughed at; responds to words e.g. "where is daddy?"
12 Months	Plays peek-boo while covering face
15 Months	Indicates wet pants
18 Months	Domestic mimicry ; points to 2-3 body parts, Is dry by the day
2 Years	Parallel play (Watches others play and plays near them, but not with them)
2 1/2 Years	Knows full name and gender
3 Years	Shares toys, joins in play
4 Years	Attends to own toilet needs
5 Years	Distinguishes morning from noon, compares 2 weights
Age	<u>Vision Milestone</u>
29 weeks IU	Pupillary reflex
At Birth	Horizontal tracking of mothers face till 180 degrees ; follows dandling ring upto 45°
4-6 Weeks	Vertical tracking ; follows dangling ring to 90°
12 Weeks	Follows dangling ring upto 180°; looks at the objects in the midline
16 Weeks	Immediate regard of the dangling object
4-6 Months	Well established binocular vision
6 Months	Adjusts position to see an object
1 Year	Begins to appreciate forms and colours
2 1/2 Years	Fully mature visual acuity