Dr Abhishek Gupta's HYT

Week 1 · Topic 2 · Tuesday

Developmental Milestones

Pediatrics

Asked 52 times

Exam	PYQs
NEET PG	9
AIIMS PG	5
INI-CET	5
FMGE	7
UPSC CMS	26
Total	**52**

Years asked: 2012, 2013, 2014, 2015, 2016, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026 (14 exam years)

Asked from 2021 onwards: 28

AIIMS PG = the AIIMS November/May PG entrance that preceded INI-CET. Counts are the real counts from the question bank.

2. PYQ Map

#	Exam	Year	Angle tested
1	INI-CET	2026	Isolated expressive speech delay at 18 mo: hearing first
2	FMGE	2025	Smiles + transfers objects: which other milestone co-exists
3	INI-CET	2025	9-month-old cannot sit even with support: refer
4	INI-CET	2025	Correctly matched milestone-age pair (transfer 6 months)
5	UPSC CMS	2025	Tower of 3, runs, imitates sweeping, 8-10 words = 18 mo
6	UPSC CMS	2025	Tricycle + copies circle + name and gender = 3 years
7	FMGE	2024	Age of onset of stranger anxiety (7 months)
8	FMGE	2024	Age of hand-to-hand transfer of objects
9	FMGE	2024	Tricycle, alternate feet upstairs, cannot hop = 3.5 years
10	INI-CET	2024	Copies cross, rhymes, toilets alone = 4 years
11	UPSC CMS	2024	Order of drawing vs copying circle and cross
12	FMGE	2023	Tower of 6, turns doorknob, uses pronouns = 24 months
13	FMGE	2023	Tripod sitting, transfers, babbles, no pincer = 7 months
14	UPSC CMS	2023	Grasp is best assessed with a 1-inch red cube
15	UPSC CMS	2023	Upper limit age for visual fixation and following
16	UPSC CMS	2023	Stranger anxiety develops at 6-7 months
17	UPSC CMS	2023	9 months: immature pincer, bisyllables, waves bye-bye
18	UPSC CMS	2023	Upper limit ages: walking alone and single words
19	UPSC CMS	2022	Bisyllables, sits alone, localises sound diagonally = 8 mo
20	UPSC CMS	2022	Language milestones expected at 2 years
21	FMGE	2021	Earliest grasp in the sequence: ulnar palmar
22	INI-CET	2021	Match: transfer, social smile, pincer, walks steps
23	UPSC CMS	2021	Watches mother intently, not yet smiling = 6 weeks
24	UPSC CMS	2021	Mature pincer, tower of 6, circular strokes = 24 mo
25	UPSC CMS	2021	Creeps upstairs + tower of 2 (15 mo): co-existing skill
26	UPSC CMS	2021	Hops, tricycle, alternate feet downstairs: copies cross
27	UPSC CMS	2021	What a 2-year-old cannot yet do: copy a circle
28	UPSC CMS	2021	4 months: hands come to the midline
29	AIIMS PG	2020	Meaning of hand-to-hand transfer: hand-brain coordination
30	UPSC CMS	2020	Alternate feet upstairs + copies circle: tower of 9
31	AIIMS PG	2019	Tricycle, sentences, name and gender, no story = 3 yrs
32	NEET PG	2019	Bidextrous (two-hand) grasp appears at 4 months

33	UPSC CMS	2019	Shape a 5-year-old can draw: triangle
34	UPSC CMS	2019	Use corrected age for preterms till 2 years
35	AIIMS PG	2018	Missing skill at 3 years that means delay: spoon feeding
36	UPSC CMS	2018	Skill expected by 9 months: waves bye-bye
37	UPSC CMS	2018	Triangle, 4 colours, dresses, skips = 60 months
38	UPSC CMS	2018	Red flag: no vocalisation by 4 months
39	NEET PG	2016	Draws circle + tower of 7 = 3 years
40	NEET PG	2016	Not achieved at 10 months: standing without support
41	UPSC CMS	2016	3-year-old cannot yet copy a square
42	NEET PG	2015	False about 6 months: pincer grasp
43	NEET PG	2015	Stranger anxiety develops at 7 months
44	UPSC CMS	2015	Tripod sit, bounces, laughs, concern for mother = 28 wk
45	NEET PG	2014	10 months: motor skill not expected - walks one hand held
46	UPSC CMS	2014	12 months: not expected - tower of 6
47	AIIMS PG	2013	Not a delay: 2-word phrases at 18 months
48	NEET PG	2013	Age at which a child copies a triangle
49	NEET PG	2013	Age of head control (neck holding)
50	UPSC CMS	2013	Age of short sentences: 24 months
51	AIIMS PG	2012	Dresses herself - age (3 years)
52	NEET PG	2012	Tower of 5 cubes = 18 months

What examiners keep asking

Recurring angle	PYQs (primary angle)
Which milestone is / is not present at a given age	14
Estimate developmental age from a cluster of milestones	11
Red flags, limit ages and what to do with a delay	7
Drawing/copying shapes and cube-tower counts	7
Fine motor: grasp sequence, transfer, bidextrous/unidextrous	5
Social-emotional: social smile, stranger anxiety, bye-bye	4
How to assess: corrected age, red cube, fix-and-follow	2
Language milestones (bisyllables, words, sentences, pronouns)	2
Total	**52**

Each PYQ is counted once, under its main angle. Many vignette questions also test grasp, shapes or language on the way.

3. Full Concept Notes

3.1 Definitions and basics

Growth is an increase in size (measured in cm and kg). **Development** is the gain of function and skills: motor, adaptive, language and social. A **developmental milestone** is a functional skill that most children achieve within a predictable age range. Each milestone has two ages that matter:

- **Average (median) age** - the age at which about half of normal children achieve it. This is the age in milestone tables.
- **Limit (upper) age** - the age by which almost all (about 97%) normal children achieve it. Not achieving a milestone by its limit age is a **delay** and needs evaluation. PYQ

Principles of development

- **Continuous** process from conception to maturity; depends on maturation of the nervous system (myelination).
- **Sequence is constant, rate varies** - every child sits before standing, but the age varies between children.
- **Cephalocaudal**: head control (3 months) comes before sitting, standing and walking. PYQ
- **Proximodistal** and **general to specific**: whole-hand (palmar) grasp before the fine pincer grasp; ulnar side before radial side. PYQ
- **Primitive reflexes must fade** before the matching voluntary skill appears (palmar grasp reflex fades by about 3 months, before voluntary grasp).
- Development in one domain affects the others; the child is assessed across **four domains**: gross motor, fine motor (adaptive / visuomotor), language (receptive and expressive) and personal-social (including self-care and cognition).

Developmental age and developmental quotient

- **Developmental age (DA)** = the age that matches the most advanced set of milestones the child has achieved. In a vignette, place the child *between* the highest milestone present and the next one absent. PYQ
- **Developmental quotient (DQ)** = (DA / chronological age) × 100. DQ below 70 in a domain = significant delay.
- **Corrected age** for preterm babies = chronological age minus the weeks born before 40 weeks. Use corrected age until **2 years**. PYQ

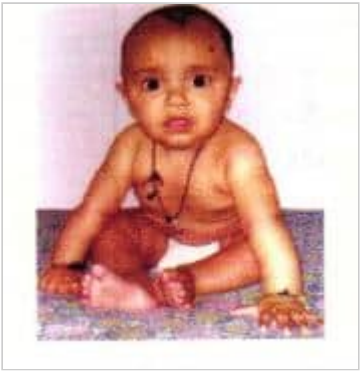
Must know: Milestone questions are of three types - (1) "what age is this child?" (a cluster of milestones), (2) "which of these is present / absent at age X?" and (3) "is this a delay, and what next?". 11 of the 52 PYQs are mainly type 1. The method is the same every time: anchor the most advanced skill in each domain.

3.2 Gross motor milestones

Age	Gross motor milestone
Newborn	Flexed posture; head lag on pull to sit; in ventral suspension head droops
6-8 weeks	Ventral suspension: holds head in line with the body momentarily; lifts head in prone
3 months	**Head control (neck holding)** PYQ ; in prone, lifts head and chest on forearms
4-5 months	Rolls over (prone to supine first); bears some weight on legs
6 months	**Sits with support - tripod sitting** (leaning forward on hands) PYQ ; bounces when held standing PYQ
8 months	**Sits without support** PYQ
9 months	Crawls / creeps; pulls to stand; stands holding on PYQ
10 months	Cruises (walks holding furniture) PYQ
12 months	Walks with one hand held PYQ ; **stands without support** PYQ
13-15 months	Walks alone (average 13 months); walks 1-2 steps PYQ ; **creeps upstairs** (15 months) PYQ
18 months	**Runs** (stiffly) PYQ ; walks upstairs with help; pulls a toy while walking
2 years	Runs well; walks up and down stairs, two feet per step; kicks a ball; jumps
3 years	**Rides a tricycle** PYQ ; **upstairs with alternate feet** PYQ ; stands on one foot momentarily
4 years	**Hops on one foot** PYQ ; **downstairs with alternate feet** PYQ
5 years	**Skips** PYQ ; stands on one foot for about 10 seconds



Ventral suspension - the infant is held horizontally; head held in line with the body at about 6-8 weeks (Dr Gupta's image library)



Sitting with support (tripod sitting), a 6-month gross-motor milestone (Dr Gupta's image library)

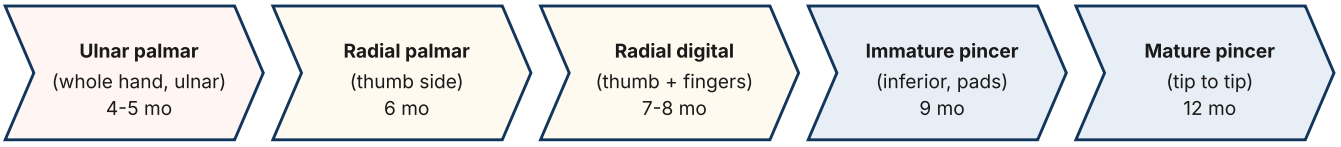


Standing without support, a 12-month gross-motor milestone (Dr Gupta's image library)

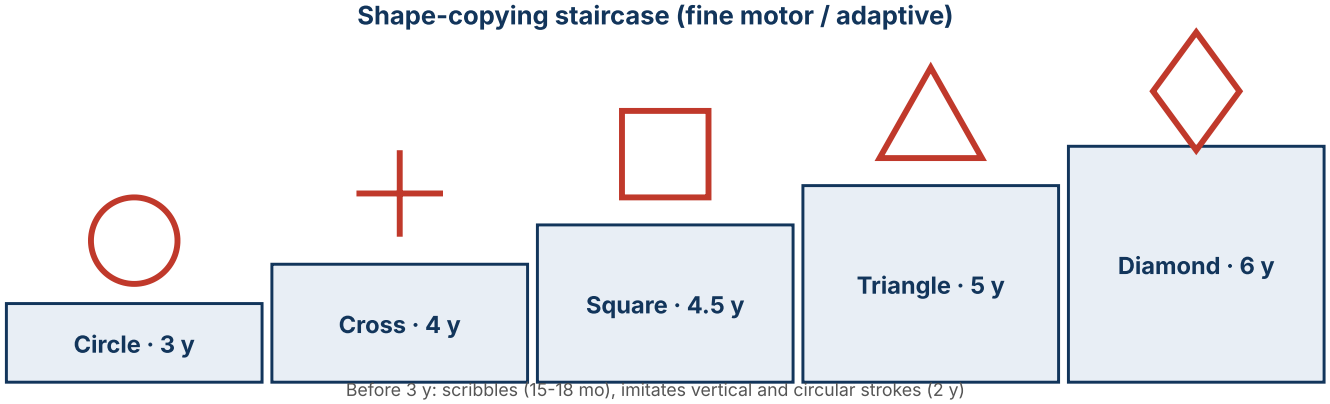
Stairs ladder: creeps upstairs 15 mo → walks up with help 18 mo → up and down two feet per step 2 y → **up** with alternate feet 3 y → **down** with alternate feet 4 y. Going *up* is always learned a year before coming *down* with alternate feet. PYQ

3.3 Fine motor (adaptive) milestones

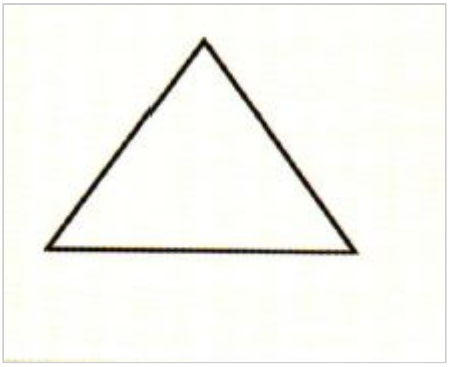
Grasp matures ulnar to radial, palm to fingertips



Age	Fine motor / adaptive milestone
1-2 months	Hands mostly fisted; follows an object to the midline (fix and follow by 4-6 weeks)
3 months	Hands open; hand regard; follows through 180 degrees - **upper limit for fix-and-follow** PYQ
4 months	**Bidextrous reach** (both hands) PYQ ; **hands come to the midline** PYQ
4-5 months	Ulnar palmar grasp - the first voluntary grasp PYQ
6 months	**Unidextrous reach** (one hand) PYQ ; radial palmar grasp; **transfers objects hand to hand** (6-7 months) PYQ
9 months	**Immature (inferior) pincer grasp** PYQ ; bangs two cubes together
12 months	**Mature pincer grasp** (tip of thumb to tip of index) PYQ ; voluntary release (cube into cup)
15 months	Tower of **2** cubes PYQ ; **scribbles** PYQ
18 months	Tower of **3** cubes PYQ ; feeds self with spoon PYQ ; turns pages (2-3 at a time)
2 years	Tower of **6** cubes PYQ ; imitates vertical and circular strokes PYQ ; turns a doorknob, unscrews a lid PYQ ; turns pages one at a time
3 years	Tower of **9** cubes PYQ ; **copies a circle** PYQ ; uses scissors PYQ ; builds a bridge of 3 cubes
4 years	**Copies a cross** PYQ ; copies a square at about 4.5 years PYQ ; builds a gate
5 years	**Copies a triangle** PYQ ; draws a person with several body parts
6 years	Copies a diamond



Before 3 y: scribbles (15-18 mo), imitates vertical and circular strokes (2 y)



A triangle copied by a child - a 5-year fine-motor milestone (Dr Gupta's image library)

Cube rule: tower of 2 at 15 months, 3 at 18 months, 6 at 2 years, 9 at 3 years. Between 2 and 3 years, **cubes ≈ age in years × 3**. PYQ
Shape rule: 3 circle, 4 cross, 4.5 square, 5 triangle, 6 diamond. PYQ

Trap: "pincer grasp" without a qualifier. Immature (inferior) pincer = 9 months; mature pincer = 12 months. An option saying "mature pincer - 9 months" is wrong; "pincer grasp at 6 months" is always false. PYQ

Trap: transfer of objects is keyed 6 months in some PYQs and 7 months in others PYQ . Teach it as 6-7 months and look at the other options: only one will fall in that window.

3.4 Language milestones

Age	Receptive / hearing	Expressive
Newborn-1 mo	Startles / alerts to sound	Cries
3 months	Quietens to mother's voice	**Coos** (vowel sounds)
4 months	Turns towards sound	**Laughs aloud**; **vocalisation absent by 4 months = red flag** PYQ
6 months	Localises sound laterally; responds to name (6-7 months) PYQ	**Monosyllables** (ba, da, pa) PYQ
8 months	Localises sound **diagonally** (downward) PYQ	Bisyllabic babble begins PYQ
9 months	Understands "no"	**Bisyllables** - mama, dada (non-specific) PYQ
10 months	Localises sound directly in any direction	Imitates sounds
12 months	Follows a one-step command with gesture	**1-2 words with meaning** PYQ
15 months	Points to a few body parts	Jargon; 4-6 words
18 months	Follows one-step command without gesture PYQ	Vocabulary **8-10 words** (up to about 20) PYQ
2 years	Follows two-step commands	**2-3 word sentences** PYQ ; **pronouns** I, me, you PYQ ; 50-100 words PYQ ; normal repetition of words PYQ
3 years	Understands prepositions	Asks questions; **knows full name and gender** PYQ ; 3-word sentences; speech mostly intelligible
4 years	Understands stories	**Says a poem / rhyme** PYQ ; **narrates a story** PYQ
5 years		Asks the meaning of words; **names 4 colours** PYQ

1-2-3 rule for speech: 1 word at 1 year, 2-word phrases at 2 years, 3-word sentences at 3 years. PYQ

3.5 Personal-social and self-care milestones

Age	Personal-social / self-care
6-8 weeks	**Social (responsive) smile** PYQ - just before it, the infant watches the mother's face intently (about 6 weeks) PYQ
3 months	Recognises mother; anticipates feeds
4 months	Laughs aloud; enjoys being played with
6 months	Smiles at mirror image / watches self in mirror PYQ
6-7 months	**Stranger anxiety** PYQ ; concern when the mother moves away PYQ
9 months	**Waves bye-bye** PYQ ; **plays peek-a-boo** PYQ
12 months	Comes when called; plays a simple ball game; helps with dressing (holds out arm)
15 months	Jargon; points to show wants
18 months	**Copies parents in household tasks (sweeping)** PYQ ; feeds self with spoon PYQ ; explores drawers
2 years	Asks for food, drink and toilet; parallel play; undresses
3 years	Shares toys; knows gender; **dresses with supervision** PYQ
4 years	Plays cooperatively; **goes to the toilet alone** PYQ
5 years	**Dresses and undresses fully** PYQ ; helps in household tasks



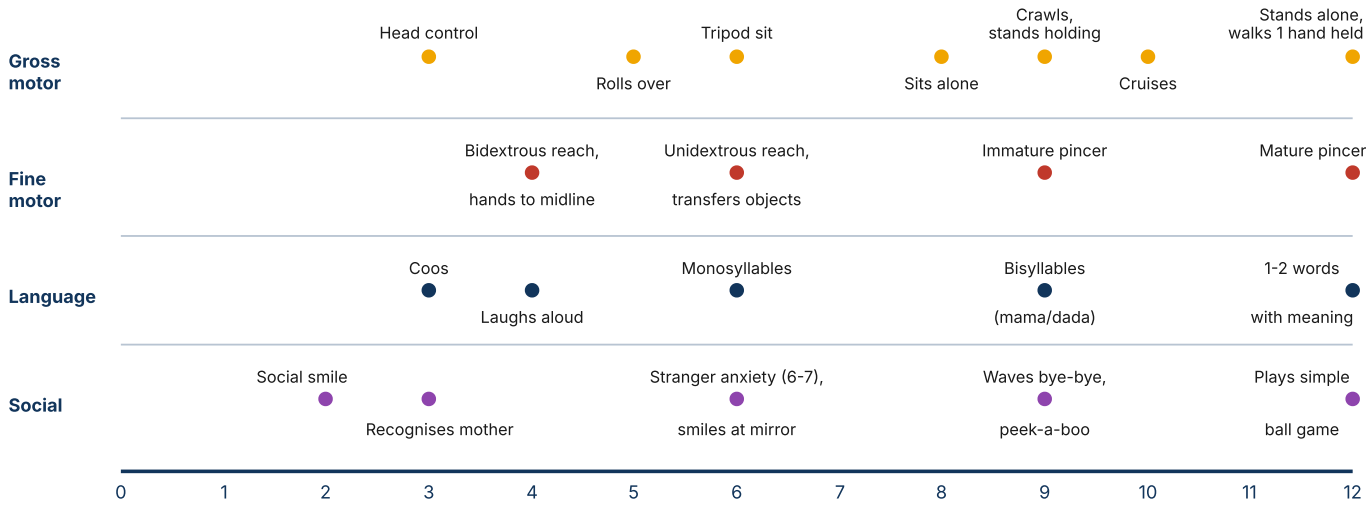
Social smile - the first social milestone, appearing at about 6-8 weeks (Dr Gupta's image library)

Trap: "Refers to mother as mama" (meaningful word) is a 12-month skill; "says mama/dada" as non-specific babble is 9 months. Read whether the stem says *with meaning*. PYQ

3.6 Master table: one line per key age

Age	Gross motor	Fine motor	Language	Social
3 mo	Head control	Hands open, follows 180°	Coos	Recognises mother
4 mo	Rolls (4-5 mo)	Bidextrous reach, hands to midline	Laughs aloud	Enjoys play
6 mo	Tripod sitting	Unidextrous reach, transfers	Monosyllables	Mirror smile; stranger anxiety 6-7 mo
8 mo	Sits alone	Radial-digital grasp	Localises diagonally; bisyllabic babble	-
9 mo	Crawls, stands holding	Immature pincer	Bisyllables mama/dada	Bye-bye, peek-a-boo
12 mo	Stands alone; walks with 1 hand held	Mature pincer	1-2 words with meaning	Ball game, comes when called
15 mo	Walks alone; creeps upstairs	Tower of 2; scribbles	Jargon	Points to wants
18 mo	Runs	Tower of 3; spoon feeding	8-10 words	Copies chores
2 y	Up and down stairs, 2 feet/step	Tower of 6; vertical/circular strokes; doorknob	2-3 word sentences; pronouns	Asks for toilet; parallel play
3 y	Tricycle; up alternate feet	Tower of 9; copies circle	Name and gender; questions	Shares; dresses with help
4 y	Hops; down alternate feet	Copies cross (square 4.5)	Poem, story	Toilet alone; cooperative play
5 y	Skips	Copies triangle	Names 4 colours; meaning of words	Dresses/undresses fully

The first year at a glance (age in months)



3.7 Developmental delay: red flags and limit ages

- **Developmental delay**: failure to reach a milestone by its limit age. It may involve one domain (isolated, e.g. motor or speech) or several.
- **Global developmental delay (GDD)**: significant delay (2 SD or more below the mean) in two or more domains in a child under 5 years. After 5 years, the term intellectual disability is used when IQ testing is reliable.
- **Regression** (loss of skills already acquired) is a red flag at any age - think neurodegenerative/metabolic disorders, Rett syndrome, autism.

Domain	Red flag / limit age (evaluate if not achieved)
Vision	No fix-and-follow by **3 months** PYQ
Social	No social smile by about 2-3 months
Language	No vocalisation by **4 months** PYQ ; no babbling by 9 months; no single words with meaning by 16-18 months PYQ ; no 2-word phrases by 24 months
Gross motor	No head control by 4 months; **not sitting without support by 9 months** PYQ ; not standing alone by about 14 months; **not walking alone by 18 months**
Fine motor	Not reaching / no voluntary grasp by 5-6 months; no pincer grasp by 10-12 months; hand preference before 18 months (suggests weakness of the other hand)
Self-care	Not feeding with a spoon well beyond 18 months (e.g. at 3 years) PYQ

Trap: an early or on-time skill is never a delay. Two-word phrases at 18 months is normal PYQ ; inability to sit at 10 months, walk at 15 months or speak a word at 15 months is still within the normal range in UPSC's red-flag question PYQ . One UPSC item keys 15 months as the walking limit PYQ ; most Indian texts use 18 months.

Approach to a child with delay

Step	What to do
1. Confirm	Correct for prematurity (till 2 years) PYQ ; take a careful history (prenatal, birth asphyxia, jaundice, seizures, family history, consanguinity) and examine (head size, dysmorphism, neurocutaneous markers, tone, reflexes)
2. Isolated speech delay	**Hearing test first** - OAE / BERA PYQ ; then language evaluation; screen for autism (M-CHAT at 18-24 months) and intellectual disability
3. Isolated motor delay	Refer for developmental and neurological assessment PYQ ; think of cerebral palsy, neuromuscular disease (SMA; CK in a boy for Duchenne), hypothyroidism
4. Global delay	Vision and hearing tests, thyroid function, chromosomal microarray (first-tier genetic test), fragile X testing, metabolic screen when indicated, MRI brain (abnormal head size or focal signs), EEG if seizures
5. Intervene early	Physiotherapy, occupational therapy, speech therapy, special education, parent training; treat the cause (e.g. thyroxine, hearing aid / cochlear implant)



Spinal muscular atrophy type 1 - a neuromuscular cause of isolated gross-motor delay with marked hypotonia (Dr Gupta's image library)

Milestone not achieved by its limit age

↓

Correct for prematurity (till 2 y) · re-check on history and examination

↓

Speech only	**Motor only**	**Two or more domains (GDD)**	**Regression**
Hearing test FIRST → language, autism screen	Neurological assessment → CP, SMA, myopathy, thyroid	Vision, hearing, TSH, microarray, fragile X, MRI / EEG as indicated	Urgent: metabolic, neurodegenerative, Rett, ASD

↓

Early intervention (DEIC under RBSK) + treat cause + follow-up

Fresh flowchart: approach to a child with developmental delay

3.8 How milestones are assessed

Tool / object	Use
1-inch red cube	Grasp, transfer, towers **PYQ**
Small pellet / raisin	Pincer grasp
Red ring on a string, face	Fixation and visual following
Rattle / bell	Hearing and sound localisation (lateral → diagonal → direct)
Crayon and paper	Scribble, strokes, copying shapes

Screening and diagnostic scales

- **Screening**: Denver Developmental Screening Test II (DDST-II; birth to 6 years; four domains - personal-social, fine motor-adaptive, language, gross motor); **Trivandrum Developmental Screening Chart** (TDSC, 0-2 years, Indian); Baroda Developmental Screening Test; Language Evaluation Scale Trivandrum (LEST, 0-3 years); Ages and Stages Questionnaire; M-CHAT (autism, 16-30 months).
- **Diagnostic**: Bayley Scales of Infant Development; **DASII** (Developmental Assessment Scales for Indian Infants, Indian adaptation of Bayley, 0-30 months); Vineland Social Maturity Scale (social age); IQ tests in older children; INCLEN Diagnostic Tool for Autism (INDT-ASD).

3.9 Primitive reflexes (context for motor milestones)

Reflex	Disappears by	Exam point
Palmar grasp	About 3 months	Must fade before voluntary grasp (4-5 months)
Rooting	About 3-4 months	Feeding reflex
Moro	About 4-6 months	Asymmetry: brachial plexus palsy, fractured clavicle
Asymmetric tonic neck reflex	About 4-6 months	Must fade before hands come to the midline (4 months onward)
Plantar grasp	9-12 months	Must fade before standing and walking
Parachute (protective)	Appears 8-9 months, persists for life	Absence or asymmetry: motor deficit

Persistence of primitive reflexes beyond their age is an early sign of cerebral palsy.

3.10 Prevention and the Indian programme

- **Rashtriya Bal Swasthya Karyakram (RBSK)**, under the National Health Mission: child health screening and early intervention for the **4 Ds** - Defects at birth, Diseases, Deficiencies, and Development delays including disabilities - from birth to 18 years.
- Screening: at birth in facilities and at home (ASHA during home-based newborn care); Mobile Health Teams screen children 0-6 years at Anganwadi centres twice a year and 6-18 years in government and aided schools once a year.
- Children with delay are referred to the **District Early Intervention Centre (DEIC)** for confirmation and therapy (physiotherapy, speech therapy, special education, audiology, psychology).
- The **Mother and Child Protection (MCP) card** carries a simple milestone chart so parents and Anganwadi workers can spot delay early.
- Prevention of causes: antenatal care, prevention of birth asphyxia and preterm birth, newborn screening (congenital hypothyroidism), universal newborn hearing screening, management of neonatal jaundice, immunisation (measles, rubella, Japanese encephalitis, Hib, pneumococcal), nutrition, and responsive caregiving / early stimulation.

3.11 Special exam points

- Age from a cluster: the **most advanced skill decides**; if a skill of the next age is explicitly absent, the child is in between (e.g. tricycle but cannot hop = 3.5 years). PYQ
- Head control 3 months; sits alone 8 months; stands alone 12 months; walks alone 13 months; runs 18 months. PYQ
- Bidextrous 4, unidextrous and transfer 6, immature pincer 9, mature pincer 12 months. PYQ
- Cubes 2-3-6-9 at 15 mo, 18 mo, 2 y, 3 y. Shapes 3-4-5-6 = circle, cross, triangle, diamond (square 4.5). PYQ
- Social smile 6-8 weeks; stranger anxiety 6-7 months; bye-bye 9 months. PYQ
- Monosyllables 6, bisyllables 9, words with meaning 12 months; 8-10 words at 18 months; sentences and pronouns at 2 years. PYQ
- Any isolated speech delay: test hearing first. PYQ
- Corrected age till 2 years. Grasp tested with a 1-inch red cube. Fix-and-follow upper limit 3 months. PYQ

4. High Yield Notes

Ordered by how often the examiners have asked each angle in these PYQs.

Estimating age from a cluster (11 PYQs) + present/absent at an age (14 PYQs)

- Anchor each domain, take the most advanced skill, and check what is explicitly absent.
- 7 months: tripod sitting, transfers a cube, babbles; no pincer, no bye-bye.
- 8 months: sits alone, bisyllables, localises sound diagonally.
- 9 months: immature pincer, mama/dada (non-specific), waves bye-bye.
- 10 months: pincer, bye-bye, peek-a-boo; not yet standing alone or walking with one hand held.
- 15 months: creeps upstairs, tower of 2, scribbles. 18 months: runs, tower of 3, 8-10 words, copies sweeping.
- 2 years: tower of 6, doorknob, pronouns, sentences. 3 years: tricycle, circle, tower of 9, name and gender.
- 4 years: hops, cross, poem/story, toilet alone. 5 years: skips, triangle, 4 colours, dresses fully.

Red flags and delay (7 PYQs)

- No fix-and-follow by 3 months; no vocalisation by 4 months; not sitting by 9 months; not walking by 18 months; no words with meaning by 16-18 months; no 2-word phrases by 2 years; any regression.
- Isolated speech delay: hearing test first. Isolated motor delay: refer for assessment.

Shapes and towers (7 PYQs)

- Circle 3, cross 4, square 4.5, triangle 5, diamond 6 years. Towers 2 (15 mo), 3 (18 mo), 6 (2 y), 9 (3 y).

Grasp (5 PYQs)

- Ulnar palmar first → radial palmar → radial digital → immature pincer 9 mo → mature pincer 12 mo. Bidextrous 4 mo, unidextrous 6 mo, transfer 6-7 mo = hand-brain coordination.

Social (4 PYQs) · Language (2 PYQs) · Assessment (2 PYQs)

- Social smile 6-8 weeks; stranger anxiety 6-7 months.
- 2 years: 50-100 words, pronouns, short sentences; stating own name is 3 years.
- Corrected age till 2 years; grasp tested with a 1-inch red cube.

Age	The one skill to anchor
3 mo	Head control
4 mo	Bidextrous reach, hands to midline
6 mo	Tripod sit, transfer, monosyllables
9 mo	Immature pincer, bye-bye, bisyllables
12 mo	Mature pincer, stands alone, 1-2 words
18 mo	Runs, tower of 3, 8-10 words
2 y	Tower of 6, sentences, pronouns
3 y	Tricycle, circle, name and gender
4 y	Hops, cross, story
5 y	Skips, triangle, dresses fully

If you remember one thing: place the child by the most advanced milestone in each domain and the first one still missing - and in any isolated speech delay, test hearing first.

5. All PYQs (52, newest first)

1. INI-CET 2026 An 18-month-old child walks independently, scribbles spontaneously and follows one-step verbal commands, but speaks only monosyllabic sounds with no recognisable words. What is the most appropriate next step?

A. Start anti-epileptic therapy
B. Formal hearing assessment and language evaluation
C. Reassure the parents and review at 5 years of age
D. Diagnose autism spectrum disorder

Answer: **B. Formal hearing assessment and language evaluation**

Walking, scribbling and following one-step commands are normal for 18 months; only expressive speech is delayed (no words; 6-20 words expected by 18 months).
In any isolated speech delay the first step is a formal hearing assessment (OAE/BERA) with a language evaluation.
Anti-epileptics have no role; 'review at 5 years' wastes the window for intervention; autism cannot be diagnosed on this alone (social skills and receptive language are intact).

2. FMGE 2025 Child is able to smile and transfer objects from one hand to another. Out of the following which milestone will also be present in this child?

A. Runs – 18 months
B. Responds to name – 7 months
C. Creeps – 10 months
D. Mature pincer grasp – 12 months

Answer: **B. Responds to name – 7 months**

Transfer of objects places the child at about 6 months; the social smile (6-8 weeks) has been present for months.
Of the options, responding to name (~6-7 months) is the only milestone at this stage.
Creeping (~9-10 months), mature pincer grasp (12 months) and running (18 months) come later.

3. INI-CET 2025 A 9-month-old child is brought to OPD with developmental concerns. The child cannot sit with support but can roll over, says “dada” and “mama”, and has stranger anxiety. What is the appropriate management?

A. Order an immediate MRI
B. Reassure the parents that it’s normal development
C. Refer to neurologist for developmental assessment
D. Advise parents to start exercises

Answer: **C. Refer to neurologist for developmental assessment**

Sitting with support is expected by 6 months and without support by 8 months; the limit age for sitting alone is 9 months.
This child is delayed in gross motor alone (language 'dada/mama' and stranger anxiety are normal) - a domain-specific delay.
The correct step is referral for formal developmental/neurological assessment; reassurance is wrong, and MRI or exercises come only after evaluation.

4. INI-CET 2025 Which of the following milestones is correctly matched with age?

A. Mature pincer grasp - 9 months
B. Transfer of objects - 6 months
C. Unidextrous grasp - 8 months
D. Tower of 2 blocks - 2 years

Answer: **B. Transfer of objects - 6 months**

Transfer of objects hand to hand = 6 months (correct pair).
Mature pincer grasp = 12 months (9 months is the immature pincer); unidextrous grasp = 6 months; tower of 2 cubes = 15 months (2 years = 6 cubes).

5. UPSC CMS 2025 A child can make a tower of 3 blocks, runs, copies his mother while sweeping and has a vocabulary of 8–10 words. His developmental age is

A. 12 months
B. 15 months
C. 18 months
D. 24 months

Answer: **C. 18 months**

Tower of 3 cubes, running (stiffly), copying domestic chores (sweeping) and a vocabulary of 8-10 words are all 18-month milestones.
At 15 months: tower of 2, creeps upstairs, few words. At 24 months: tower of 6, 2-3 word sentences, pronouns.

6. UPSC CMS 2025 A child can ride a tricycle, copies a circle, knows name and gender. The developmental age of this child is

A. 2 years
B. 3 years
C. 4 years
D. 5 years

Answer: **B. 3 years**

Riding a tricycle (gross motor), copying a circle (fine motor) and knowing full name and gender (language/social) are the classic 3-year set.
2 years: tower of 6, 2-word phrases. 4 years: hops on one foot, copies a cross. 5 years: skips, copies a triangle.

7. FMGE 2024 At what age does stranger anxiety appear?

A. 7 months
B. 9 months
C. 12 months
D. 15 months

Answer: **A. 7 months**

Stranger anxiety appears at about 6-7 months (keyed 7 months), once the infant can tell familiar caregivers from strangers.
It reflects developing recognition memory and attachment; 9 months is the age of waving bye-bye; separation anxiety peaks later in the second year.

8. FMGE 2024 At what age does transfer of one object to another hand happen?

A. 6 months
B. 9 months
C. 7 months
D. 12 months

Answer: **C. 7 months**

Hand-to-hand transfer is a fine-motor milestone of 6-7 months; the stored key is 7 months.
Sequence: bidextrous reach 4 mo → unidextrous reach and transfer 6 mo → immature pincer 9 mo → mature pincer 12 mo.
Note for Dr Gupta: check answer — standard Indian teaching (OP Ghai) and INI-CET 2025 (Q 'correctly matched') key transfer at 6 months; option A (6 months) is equally defensible. Keep 7 months as stored, but say '6-7 months' when teaching.

9. FMGE 2024 What is the likely age of a child who can ride a tricycle, walk up stairs with alternate steps, but cannot hop?

A. 2.5 years
B. 3.5 years
C. 4.5 years
D. 5.5 years

Answer: **B. 3.5 years**

Riding a tricycle and going upstairs with alternate feet are 3-year skills; hopping on one foot is a 4-year skill. A child who has the 3-year set but not the 4-year skill sits between them: 3.5 years.

10. INI-CET 2024 A child can copy a cross, recite rhymes, and go to the bathroom independently by what age?

A. 2 years
B. 3 years
C. 4 years
D. 5 years

Answer: **C. 4 years**

Copying a cross, reciting a poem/rhyme and going to the toilet alone are classic 4-year milestones.
3 years: copies a circle, knows name and gender. 5 years: copies a triangle, skips, dresses and undresses fully.

11. UPSC CMS 2024 Which one of the following fine motor milestones will appear ahead of others?

A. Copies a cross
B. Copies a circle
C. Draws a circle
D. Draws a cross

Answer: **C. Draws a circle**

Shape skills follow a fixed order: circular scribble/drawing a circle first, then copying a circle (3 years), then the cross (4 years).
The stored key treats 'draws a circle' (from imitation/memory) as the earliest; a cross in any form is later than any circle.
Note for Dr Gupta: check answer — 'draws' vs 'copies' a circle is not defined consistently in standard texts (copying from a model is the classic 3-year item; imitating the examiner's stroke precedes it). Option C is the stored key and defensible; the logic to teach is 'circle before cross'.

12. FMGE 2023 At what age would a child normally be able to make a tower of 6 cubes, turn a doorknob, and use pronouns like "I," "me," or "you,"?

A. 36 months
B. 15 months
C. 18 months
D. 24 months

Answer: **D. 24 months**

Tower of 6 cubes, turning a doorknob/unscrewing a lid and using pronouns (I, me, you) are 2-year milestones.
18 months: tower of 3, 8-10 words. 36 months: tower of 9, copies a circle, asks questions.

13. FMGE 2023 A normal infant sits briefly leaning forward on her hands, reaches for and grasps a cube and transfer it from hand to hand. She babbles but cannot wave bye-bye nor can she grasp objects with the finger and thumb. Her age is -

A. 4 months
B. 7 months
C. 10 months
D. 14 months

Answer: **B. 7 months**

Sitting leaning forward on the hands (tripod sitting), grasping a cube and transferring it, and babbling place the infant at 6-7 months.
No pincer grasp (9 months) and no bye-bye (9 months) confirm the child is younger than 9 months: 7 months.

14. UPSC CMS 2023 For developmental assessment of a baby, grasp is best assessed by offering the child:

A. A red ring
B. A red cube
C. Red pellets
D. Multicoloured pellets

Answer: **B. A red cube**

Grasp (palmar grasp, transfer) is tested with a 1-inch red cube; red is used because it attracts the infant's attention.
The small pellet (raisin/sugar pellet) tests the pincer grasp; a red ring on a string tests visual following and reaching.

15. UPSC CMS 2023 The upper limit of age for attainment of visual fixation or following is:

A. Birth
B. 1 month
C. 2 months
D. 3 months

Answer: **D. 3 months**

A newborn fixes momentarily; by 4-6 weeks the infant fixes on a face and follows; following through 180 degrees is established by 3 months.
3 months is the upper limit: no fix-and-follow at 3 months needs evaluation of vision and neurodevelopment.

16. UPSC CMS 2023 A child develops ‘stranger anxiety’ at:

A. 2–3 months
B. 4–5 months
C. 6–7 months
D. 9–11 months

Answer: **C. 6–7 months**

Stranger anxiety normally appears at 6-7 months.
2-3 months: social smile and recognition of mother; 9-11 months: waves bye-bye, peek-a-boo.

17. UPSC CMS 2023 Consider the following statements with respect to developmental milestones at 9 months of age:
1. At this age, child develops immature pincer grasp.
2. At this age, child can say bisyllables (mama, dada, etc.).
3. At this age, child can wave bye-bye. Which of the statements given above are correct?

A. 1 and 2 only
B. 2 and 3 only
C. 1 and 3 only
D. 1, 2 and 3

Answer: **D. 1, 2 and 3**

At 9 months the infant has an immature (inferior) pincer grasp, says bisyllables like 'mama/dada' (non-specific) and waves bye-bye.
All three statements are correct (option D).

18. UPSC CMS 2023 What are the upper age limits by which a child should start walking alone, and be able to speak single words?

A. 12 months, 15 months respectively
B. 15 months, 18 months respectively
C. 15 months, 15 months respectively
D. 18 months, 18 months respectively

Answer: **B. 15 months, 18 months respectively**

The stored key gives upper limits of 15 months for walking alone and 18 months for single words with meaning.
Average ages: walking alone 12-13 months, first words 12 months. The point being tested: the motor limit comes before the speech limit.
Note for Dr Gupta: check answer — most Indian references (OP Ghai, IAP) and the UPSC CMS 2018 red-flag PYQ in this set use 18 months as the limit for walking alone ('unable to walk by 15 months' is not a red flag there). Option D (18, 18) is arguable; keep B as stored.

19. UPSC CMS 2022 A child speaks bisyllables (e.g., Ma-Ma, Ba-Ba), sits without support, and looks at the source of sound diagonally. His likely age is:

A. 4 months
B. 6 months
C. 8 months
D. 10 months

Answer: **C. 8 months**

Sitting without support (8 months), bisyllables (8-9 months) and localising sound diagonally downward (about 8 months) together give 8 months.
Sound localisation: laterally at about 6 months, diagonally downward at about 8 months, directly in any direction by about 10 months.

20. UPSC CMS 2022 Which of the following are age-appropriate language milestones in a normally developing 2-year-old child?
1. Vocabulary of 50–100 words
2. Uses pronouns
3. Occasional repeating of words
4. Stating his name when asked

A. 1, 2 and 3
B. 1, 2 and 4
C. 1 and 3 only
D. 2, 3 and 4

Answer: **A. 1, 2 and 3**

At 2 years: vocabulary of at least 50 words (50-100 acceptable), 2-3 word phrases, pronouns (I, me, you) and normal repetition of words (physiological dysfluency).
Stating his own name is a 3-year milestone, so statement 4 is out: 1, 2 and 3.

21. FMGE 2021 Which of the following developmental milestones is attained first in infants?

A. Immature pincer grasp
B. Mature pincer grasp
C. Radial palmar grasp
D. Ulnar palmar grasp

Answer: **D. Ulnar palmar grasp**

Grasp matures from ulnar to radial and from palm to fingertips.
Ulnar palmar (about 4-5 months) → radial palmar (about 6 months) → immature pincer (9 months) → mature pincer (12 months).

22. INI-CET 2021 Match the following developmental milestones: 1. Transfers objects 2. Social smile 3. Pincer grasp 4. Walks 1-2 steps a. 1-2 months b. 6-7 months c. 12-15 months d. 9-12 months

A. 1-a, 2-b, 3-c, 4-d
B. 1-b, 2-a, 3-d, 4-c
C. 1-c, 2-b, 3-a, 4-d
D. 1-d, 2-c, 3-b, 4-a

Answer: **B. 1-b, 2-a, 3-d, 4-c**

Social smile 1-2 months; transfer of objects 6-7 months; pincer grasp 9-12 months; walks 1-2 steps 12-15 months.
Matching: 1-b, 2-a, 3-d, 4-c.

23. UPSC CMS 2021 An infant has just started to watch his mother intently when she talks to him. He has not yet started smiling back. What is the approximate age of the child?

A. 4 weeks
B. 6 weeks
C. 8 weeks
D. 12 weeks

Answer: **B. 6 weeks**

The infant fixes intently on the mother's face just before the social (responsive) smile, which appears at about 6-8 weeks.
Watching intently but not smiling back places the child at about 6 weeks.

24. UPSC CMS 2021 A child demonstrates a mature pincer grasp and is able to build a tower of maximum 6 blocks and make vertical and circular strokes with a pencil. His developmental age is around:

A. 12 months
B. 18 months
C. 24 months
D. 36 months

Answer: **C. 24 months**

Tower of 6 cubes and imitating vertical and circular strokes are 2-year milestones; the mature pincer grasp has been present since 12 months.
Copying a circle (not just a circular stroke) comes at 3 years.

25. UPSC CMS 2021 A typically developing girl is able to creep upstairs and builds a tower of 2 blocks. Which of the following skills should she also display?

A. Scribbling
B. Running
C. Speaking at least 10 words
D. Exploring drawers

Answer: **A. Scribbling**

Creeping upstairs and a tower of 2 cubes are 15-month milestones; scribbling also appears at about 15 months.
Running (18 months), 10 or more words (18 months) and exploring drawers (18 months) come later.

26. UPSC CMS 2021 A child can ride a tricycle, hop on one foot but cannot skip. He uses alternate feet while going downstairs. Which one of the following motor skills should he be able to perform at this developmental level?

A. Copy a triangle
B. Copy a cross
C. Build a gate with blocks
D. Copy a rectangle

Answer: **B. Copy a cross**

Hopping on one foot and going downstairs with alternate feet are 4-year skills.
The matching fine-motor skill at 4 years is copying a cross; square follows at about 4.5 years, triangle at 5 years.

27. UPSC CMS 2021 Which one of the following skills is a normally developing 2-year-old child unable to perform?

A. Unscrewing a lid
B. Turning a door knob
C. Building a vertical tower of 6 blocks
D. Copying a circle

Answer: **D. Copying a circle**

At 2 years a child unscrews a lid, turns a doorknob and builds a tower of 6 cubes.
Copying a circle is a 3-year skill, so it is the one not yet possible.

28. UPSC CMS 2021 Which one of the following statements is age-appropriate for a normally developing 4-month-old infant?

A. The infant can bring his hands to the midline.
B. The infant has still not attained partial head control.
C. The infant has started to reach out with one hand.
D. The infant has started making monosyllabic sounds like 'da' or 'pa'.

Answer: **A. The infant can bring his hands to the midline.**

At 4 months the infant brings both hands together in the midline and reaches with both hands (bidextrous). Head control is achieved by 3 months; reaching with one hand is about 6 months; monosyllables ('da', 'pa') are about 6 months.

29. AIIMS PG 2020 Hand to hand shift development in a 6 months old baby. What does it indicate?

A. Visual-Motor Disturbance
B. Voluntary release
C. Hand brain coordination
D. Release phenomenon

Answer: **C. Hand brain coordination**

Transferring an object across the midline needs vision to be integrated with bimanual motor control: hand-brain (visuomotor) coordination.
Voluntary release is a later skill (about 10-12 months, e.g. releasing a cube into a cup).

30. UPSC CMS 2020 A pre-school boy can go upstairs on alternate feet and has also started copying a circle. How many blocks should he be able to build a tower with, without toppling over?

A. 5
B. 7
C. 9
D. More than 10

Answer: **C. 9**

Going upstairs with alternate feet and copying a circle place the child at 3 years.
Tower of cubes: 2 at 15 months, 3 at 18 months, 6 at 2 years, 9 at 3 years.

31. AIIMS PG 2019 A child can walk upstairs one step at a time, can ride a cycle but can't jump. The child can also speak sentences, can tell his/her name gender but finds it difficult to narrate the story. What is the actual developmental age:

A. 1 yr
B. 2 yrs
C. 3 yrs
D. 4 yrs

Answer: **C. 3 yrs**

Riding a tricycle, speaking in sentences and telling name and gender are 3-year milestones.
Narrating a story is a 4-year language skill, so the child is 3 years (the stem's 'cannot jump' is a distractor; read it as not yet hopping).

32. NEET PG 2019 At what age is a bidextrous grip (using both hands to hold an object) typically seen?

A. 4 months
B. 5 months
C. 6 months
D. 7 months

Answer: **A. 4 months**

At 4 months the infant reaches for and holds objects with both hands (bidextrous).
Unidextrous (one-hand) reach follows at about 6 months, along with transfer.

33. UPSC CMS 2019 Which one of the following figures should a five year old developmentally normal child be able to draw?

A. Rectangle
B. Triangle
C. Circle
D. Cross

Answer: **B. Triangle**

Shape sequence: circle 3 years, cross 4 years, square about 4.5 years, triangle 5 years, diamond 6 years.
A normal 5-year-old copies a triangle.

34. UPSC CMS 2019 Till what age should corrected age be used (rather than chronological age) for the development assessment of babies born preterm?

A. 6 months
B. 1 years
C. 2 years
D. 2.5 years

Answer: **C. 2 years**

Corrected age = chronological age minus the weeks of prematurity (born before 40 weeks).
Milestones of a preterm baby are judged against corrected age until 2 years; most catch up by then.

35. AIIMS PG 2018 Absence of which of the following milestone in 3 yr old chitd is called delayed development?

A. Hopping on one leg
B. Drawing a square
C. Feeding by spoon
D. Passing a ball to someone

Answer: **C. Feeding by spoon**

Delay means failing a milestone well past the age most children achieve it. Self-feeding with a spoon is achieved by about 15-18 months, so its absence at 3 years is delay.
Hopping on one leg (4 years) and drawing a square (about 4.5 years) are not yet expected at 3 years.

36. UPSC CMS 2018 Which of the following developmental skills will you expect a child to have acquired by 9 months?

A. Cruising around the furniture
B. Mature pincer grasp
C. Waves 'bye-bye'
D. Refers to mother as 'ma-ma'

Answer: **C. Waves 'bye-bye'**

Waving bye-bye and peek-a-boo are 9-month social milestones.
Cruising (about 10 months), mature pincer grasp (12 months) and meaningful 'mama' (about 12 months) come later.

37. UPSC CMS 2018 A child is able to copy a triangle, names 4 colours, dresses and undresses easily and is able to skip. What is the likely age of this child?

A. 30 months
B. 36 months
C. 48 months
D. 60 months

Answer: **D. 60 months**

Copying a triangle, skipping, dressing and undressing independently and naming 4 colours are 5-year milestones.
4 years: copies a cross, hops on one foot. 3 years: copies a circle, rides a tricycle.

38. UPSC CMS 2018 Which of the following will be considered to be a 'RED FLAG' in child development?

A. No vocalization by 4 months
B. Unable to sit without support by 10 months
C. Unable to walk independently by 15 months
D. Unable to speak a single word with meaning by 15 months

Answer: **A. No vocalization by 4 months**

No vocalisation (cooing, laughing) by 4 months is a red flag needing evaluation, including hearing.
Sitting by 10 months, walking by 15 months and first meaningful word by 15 months still fall within the normal range (limits: sit 9-10 mo, walk 18 mo, words 16-18 mo).

39. NEET PG 2016 What is the age of the child who draws a circle and builds tower of 7 cubes?

A. 1 year
B. 2 years
C. 21/2 years
D. 3 years

Answer: **D. 3 years**

Copying a circle is a firm 3-year skill; a tower of 7 or more cubes fits 2.5-3 years.
The more advanced skill (circle) decides the age: 3 years.

40. NEET PG 2016 Milestones achieved by a 10 months old child are all except -

A. Pincer grasp
B. Waving bye - bye
C. Standing without support
D. Plays a peek - a - boo game

Answer: **C. Standing without support**

At 10 months: pincer grasp, waving bye-bye and peek-a-boo are present, and the child pulls to stand and cruises.
Standing without support is a 12-month skill.

41. UPSC CMS 2016 A normal three year old baby should be able to do the following tasks except:

A. Using hands and feet simultaneously
B. Riding tricycle
C. Copying a square
D. Using pair of scissors

Answer: **C. Copying a square**

At 3 years the child rides a tricycle, can use scissors and copies a circle.
Copying a square comes at about 4-4.5 years.

42. NEET PG 2015 Which is false about development milestones at 6 months of age:

A. Watching self in mirror
B. Sitting in the tripod position
C. Pincer grasp
D. Monosyllable sounds

Answer: **C. Pincer grasp**

At 6 months the infant sits in the tripod position, smiles at the mirror image and makes monosyllabic sounds.
The pincer grasp is a 9-month (immature) to 12-month (mature) skill, so it is the false statement.

43. NEET PG 2015 Stranger anxiety develops at

A. 3 months
B. 4 months
C. 7 months
D. 11 months

Answer: **C. 7 months**

Stranger anxiety appears at about 6-7 months (keyed 7 months).
3-4 months: recognises mother, laughs aloud; 11 months: well past the age of onset.

44. UPSC CMS 2015 An infant is observed to sit while leaning forward on his hands (tripod position), bounce actively when made to stand, laugh aloud, and show concern when the mother moves away. What is the most likely age of the infant?

A. 12 weeks
B. 16 weeks
C. 22 weeks
D. 28 weeks

Answer: **D. 28 weeks**

Tripod sitting, bouncing actively when held standing and early stranger/separation awareness cluster at 6-7 months.
28 weeks is 7 months; laughing aloud (4 months) is already present.

45. NEET PG 2014 A 10-month-old is brought for a well-child visit. Development has been normal thus far. Which of the following motor milestones would NOT be expected at this age?

A. Standing with support
B. Pincer grasp
C. Walking with one hand held
D. Two words with meaning

Answer: **C. Walking with one hand held**

At 10 months the child stands with support, cruises and has a pincer grasp.
Walking with one hand held is a 12-month skill. The stem asks for a motor milestone, so option D (language) is outside the question.

46. UPSC CMS 2014 Which of the following developmental milestones is not typically achieved by a 12-month-old infant?

A. Wave “bye-bye”
B. Speak words like ‘mama’, ‘baba’, ‘dada’
C. Make a tower of 6 blocks
D. Stand without support

Answer: **C. Make a tower of 6 blocks**

At 12 months: waves bye-bye, says 1-2 words with meaning (mama, dada), stands alone and walks with one hand held.
A tower of 6 cubes is a 2-year skill.

47. AIIMS PG 2013 All of the following are considered development delay except:

A. Pincer grasp not at 9 months
B. Not able to sit at 9 months
C. Not able to go up and downstairs at 2.5 years of age
D. 2 words phrase at 18 months of age.

Answer: **D. 2 words phrase at 18 months of age.**

Two-word phrases at 18 months are on time (expected by 2 years), so this is not a delay.
No pincer grasp at 9 months, unable to sit at 9 months and unable to climb stairs at 2.5 years all indicate delay.

48. NEET PG 2013 Child draws triangle at what age:

A. 3 years
B. 5 years
C. 6 years
D. 7 years

Answer: **B. 5 years**

Triangle = 5 years. Circle 3, cross 4, square about 4.5, triangle 5, diamond 6.

49. NEET PG 2013 Head control/ neck holding is possible in an infant by:

A. 1 month
B. 2 months
C. 3 months
D. 6 months

Answer: **C. 3 months**

Head control is achieved by 3 months (the first gross-motor milestone; development is cephalocaudal).
Persistent head lag after 4 months is abnormal and needs evaluation.

50. UPSC CMS 2013 Child starts speaking short sentences by the age of:

A. 12 months
B. 15 months
C. 24 months
D. 36 months

Answer: **C. 24 months**

At 2 years the child joins 2-3 words into short sentences and uses pronouns.
12 months: 1-2 words; 18 months: 8-10 words; 3 years: asks questions, longer sentences.

51. AIIMS PG 2012 "A child is able to dress herself

A. 2 years
B. 3 years
C. 4 years
D. 5 years

Answer: **B. 3 years**

Dressing self (with supervision) is a 3-year self-care milestone.
2 years: undresses (removes clothes and shoes); 4 years: dresses without help except difficult buttons; 5 years: fully independent.
Note for Dr Gupta: stem appears truncated in the source data ('A child is able to dress herself' with no question mark/end); check the original before using it on a slide.

52. NEET PG 2012 A child is able to build blocks of 5 Cubes developmental age is -

A. 12 months
B. 15 months
C. 18 months
D. 24 months

Answer: **C. 18 months**

Towers: 2 cubes at 15 months, 3 at 18 months, 6 at 2 years, 9 at 3 years.
Five cubes falls between 18 and 24 months; the stored key is 18 months (C).
Note for Dr Gupta: check answer — 5 cubes lies between the 18-month (3-4 cubes) and 24-month (6 cubes) bands; the key 18 months is the closest lower band and is kept, but the item is borderline.

6. Recording Kit

6a. HYT Concept Video (spec 4.2)

Title: Developmental Milestones in 4 Minutes | Asked 52 Times | Dr Abhishek Gupta's HYT **Thumbnail badge:** Asked 52 times

0:00-0:15 Hook (face, full screen)

"Developmental Milestones. Asked 52 times in 14 exam years. In four minutes, everything the examiners want."

0:15-0:45 PYQ map slide

UPSC CMS 26 · NEET PG 9 · FMGE 7 · INI-CET 5 · AIIMS PG 5 | Years: 2012-2026 (14 exam years); 28 from 2021 onwards.

Angles: age from a milestone cluster (11) · present/absent at a given age (14) · red flags and delay (7) · shapes and towers (7) · grasp (5) · social (4) · language (2) · assessment (2).

0:45-3:30 Block 1 - Core idea

- Four domains: gross motor, fine motor, language, social. Sequence fixed, rate varies; head to toe, palm to fingertips.
- Anchor ladder: 3 mo head control · 6 mo tripod sit + transfer · 9 mo immature pincer + bye-bye · 12 mo stands alone + mature pincer + first words · 18 mo runs + tower of 3 · 2 y tower of 6 + sentences · 3 y tricycle + circle · 4 y hop + cross · 5 y skip + triangle.

Block 2 - What examiners ask

- "How old is this child?" - take the most advanced skill in each domain; if the next one is missing, the child is in between (tricycle but no hop = 3.5 y).
- Number rules: cubes 2-3-6-9 (15 mo, 18 mo, 2 y, 3 y); shapes circle 3, cross 4, square 4.5, triangle 5, diamond 6.
- Red flags: no fix-and-follow by 3 mo, no vocalisation by 4 mo, not sitting by 9 mo, not walking by 18 mo, any regression. Speech delay alone - hearing first.

Block 3 - Common trap

- Pincer without a qualifier: immature 9 months, mature 12 months. "Pincer at 6 months" is always false.
- Average age vs limit age: two-word phrases at 18 months is normal, not a delay.

3:30-4:10 Rapid recall (ask, pause 2 s, answer)

1. Head control is achieved by? - 3 months.
2. Transfer of objects hand to hand? - 6-7 months.
3. Tower of 6 cubes? - 2 years.
4. Copies a cross? - 4 years.
5. First step in an 18-month-old with isolated speech delay? - Hearing assessment.

4:10-4:20 App drive

"These five questions and the full card set on Developmental Milestones are on HYT Revision. Free. By Dr Abhishek Gupta's HYT."

6b. Four PYQ MCQ Videos (spec 4.1)

MCQ Video 1: Developmental Milestones | INI-CET 2026 PYQ | Dr Abhishek Gupta's HYT

Hook (0:00-0:10): "This was asked in INI-CET, 2026. Pause and try it."

Question slide INI-CET 2026 : An 18-month-old child walks independently, scribbles spontaneously and follows one-step verbal commands, but speaks only monosyllabic sounds with no recognisable words. What is the most appropriate next step?
A. Start anti-epileptic therapy
B. Formal hearing assessment and language evaluation
C. Reassure the parents and review at 5 years of age
D. Diagnose autism spectrum disorder

Teaching notes (0:40-3:00):

- Normal 18-month language: 8-10 words (up to about 20), follows one-step commands without gesture.
- This child's gross motor (walks), fine motor (scribbles) and receptive language (follows commands) are normal: an isolated expressive delay.
- Hearing loss is the commonest treatable cause of isolated speech delay - test before any label: OAE (newborn screen) and BERA (definitive in young children).
- Then a language evaluation and autism screening (M-CHAT); early speech therapy; DEIC under RBSK.

Why the wrong options are wrong (3:00-3:40):

- A. No seizures or regression - anti-epileptics have no role.
- C. Waiting till 5 years misses the critical period for language; delay must be acted on now.
- D. Autism needs social-communication deficits and restricted behaviour; this child follows commands and has no such features.

Correct answer: B. Formal hearing assessment and language evaluation

How else can the examiner ask this? (3:40-4:10)

- A 2-year-old with no two-word phrases but normal motor skills - first investigation? (Hearing assessment / BERA.)
- Which red flag for language: no babbling by 9 months / no single words by 16-18 months / no 2-word phrases by 24 months - which age is wrong?
- Child with speech delay who loses words he had at 15 months - what next? (Regression: urgent evaluation, think autism/neurodegenerative.)

App drive (4:10-4:20): "Ten more questions on Developmental Milestones are on HYT Revision. Free. By Dr Abhishek Gupta's HYT."

MCQ Video 2: Developmental Milestones | UPSC CMS 2025 PYQ | Dr Abhishek Gupta's HYT

Hook (0:00-0:10): "This was asked in UPSC CMS, 2025. Pause and try it."

Question slide UPSC CMS 2025 : A child can ride a tricycle, copies a circle, knows name and gender. The developmental age of this child is
A. 2 years
B. 3 years
C. 4 years
D. 5 years

Teaching notes (0:40-3:00):

- 3-year set: rides tricycle, upstairs with alternate feet (gross motor); copies circle, tower of 9 (fine motor); knows full name and gender, asks questions (language/social).
- Neighbouring ages: 2 years - tower of 6, sentences, pronouns; 4 years - hops, copies cross, tells a story.
- Method: anchor each domain; all three point to the same age.

Why the wrong options are wrong (3:00-3:40):

- A. At 2 years a child does not ride a tricycle or copy a circle; he only imitates circular strokes.
- C. At 4 years we expect hopping and copying a cross - not given.
- D. At 5 years: skips, copies a triangle - far beyond these skills.

Correct answer: B. 3 years

How else can the examiner ask this? (3:40-4:10)

- Tricycle, alternate feet upstairs, but cannot hop - age? (3.5 years.)
- Child copies a circle and goes upstairs with alternate feet - how many cubes in his tower? (9.)
- A 3-year-old can do all EXCEPT: copy a square (4.5 years).

App drive (4:10-4:20): "Ten more questions on Developmental Milestones are on HYT Revision. Free. By Dr Abhishek Gupta's HYT."

MCQ Video 3: Developmental Milestones | FMGE 2024 PYQ | Dr Abhishek Gupta's HYT

Hook (0:00-0:10): "This was asked in FMGE, 2024. Pause and try it."

Question slide FMGE 2024 : At what age does stranger anxiety appear?
A. 7 months
B. 9 months
C. 12 months
D. 15 months

Teaching notes (0:40-3:00):

- Stranger anxiety = wariness or distress with unfamiliar people; appears at 6-7 months (keyed 7 months).
- It needs recognition memory and attachment to the caregiver; it is a sign of normal social development.
- Social ladder: social smile 6-8 weeks, recognises mother 3 months, laughs aloud 4 months, stranger anxiety 6-7 months, bye-bye and peek-a-boo 9 months.

Why the wrong options are wrong (3:00-3:40):

- B. 9 months is the age of waving bye-bye and peek-a-boo; stranger anxiety has already started.
- C. 12 months: comes when called, simple ball game.
- D. 15 months: well past the onset; points to show wants, jargon.

Correct answer: A. 7 months

How else can the examiner ask this? (3:40-4:10)

- Infant sits in tripod position, laughs aloud and shows concern when the mother moves away - age? (28 weeks.)
- Match: social smile - 6-8 weeks; stranger anxiety - 6-7 months; bye-bye - 9 months.
- Infant watches mother intently but has not yet smiled back - age? (6 weeks.)

App drive (4:10-4:20): "Ten more questions on Developmental Milestones are on HYT Revision. Free. By Dr Abhishek Gupta's HYT."

MCQ Video 4: Developmental Milestones | NEET PG 2019 PYQ | Dr Abhishek Gupta's HYT

Hook (0:00-0:10): "This was asked in NEET PG, 2019. Pause and try it."

Question slide NEET PG 2019 : At what age is a bidextrous grip (using both hands to hold an object) typically seen?
A. 4 months
B. 5 months
C. 6 months
D. 7 months

Teaching notes (0:40-3:00):

- Bidextrous reach/grasp (both hands) = 4 months, when the hands come to the midline.
- Unidextrous (one-hand) reach = 6 months, with transfer of objects (6-7 months).
- Grasp matures ulnar to radial: ulnar palmar → radial palmar → radial digital → immature pincer (9 mo) → mature pincer (12 mo).
- Grasp is assessed with a 1-inch red cube; pincer with a small pellet.

Why the wrong options are wrong (3:00-3:40):

- B. 5 months: ulnar palmar grasp is maturing; the two-hand reach has already appeared at 4 months.
- C. 6 months is the unidextrous (one-hand) reach, not bidextrous.
- D. 7 months: transfer and radial grasp - later skills.

Correct answer: A. 4 months

How else can the examiner ask this? (3:40-4:10)

- Which grasp appears first: ulnar palmar, radial palmar, immature pincer, mature pincer? (Ulnar palmar.)
- Unidextrous grasp at 8 months - correctly matched? (No - 6 months.)
- A 4-month-old can: bring hands to the midline (yes) / reach with one hand (no, 6 months).

App drive (4:10-4:20): "Ten more questions on Developmental Milestones are on HYT Revision. Free. By Dr Abhishek Gupta's HYT."

6c. Reels (spec 2)

Reel 1 - Important Concept

Hook (0-2 s): *"A child rides a tricycle but cannot hop. How old is he? Most students get this wrong."*

Body (three beats): (1) Every milestone question is solved the same way - find the most advanced skill the child has. (2) Riding a tricycle and climbing up with alternate feet are 3-year skills. (3) Hopping on one foot is a 4-year skill - and he cannot hop. So he sits between them: three and a half years. That is exactly how FMGE 2024 asked it. If you remember one thing, remember this: the most advanced skill sets the age, the first missing skill sets the ceiling.

Close: *"The revision cards for Developmental Milestones are on HYT Revision. Free. By Dr Abhishek Gupta's HYT."*

Reel 2 - Exam Analysis

Hook: *"Developmental Milestones appeared 52 times in 14 exam years."*

Body (on screen: exam counts and years): UPSC CMS 26 times, NEET PG 9, FMGE 7, INI-CET 5, AIIMS PG 5; 28 of them from 2021 onwards. The angle: 11 times "how old is this child", 14 times "which milestone is present or absent at this age", 7 times red flags and delay, 7 times shapes and towers. Likely next: the same vignette style - a cluster of skills, or a delayed child and "what next" - like INI-CET 2026 on speech delay and hearing.

Close: *"I didn't choose this topic. The examiners did. The ten-question quiz on Developmental Milestones is on HYT Revision. Free. By Dr Abhishek Gupta's HYT."*

Reel 3 - 5 Most Important Points

Hook: *"5 things examiners keep asking about developmental milestones."*

1. Head control 3 months, sits alone 8, stands alone 12, runs 18.
2. Grasp: two hands at 4 months, one hand and transfer at 6, immature pincer 9, mature pincer 12.
3. Cubes 2-3-6-9: 15 months, 18 months, 2 years, 3 years.
4. Shapes: circle 3, cross 4, triangle 5, diamond 6.
5. Speech delay alone? Test hearing first.

Close: *"Screenshot this. The revision cards for Developmental Milestones are on HYT Revision. Free. By Dr Abhishek Gupta's HYT."*

Reel 4 - Mnemonic / Memory Tip

Hook: *"Everyone forgets the cube towers and the shapes. Here are two number rules."*

On screen: "**2-3-6-9** cubes" (15 mo, 18 mo, 2 y, 3 y - from 2 to 3 years, cubes = age × 3) and "**3-4-5-6 = O + △ ◇**" (circle at 3, cross at 4 - a cross has four arms, triangle at 5, diamond at 6; the square slips in at four and a half). Bonus: speech is 1-2-3 - one word at 1, two-word phrases at 2, three-word sentences at 3.

Walk-through once, then: *"Now look away and say it."*

Close: *"Test yourself on the ten-question Developmental Milestones quiz on HYT Revision. Free. By Dr Abhishek Gupta's HYT."*

Reel 5 - My POV (prompt idea, Hinglish)

Hook idea: *"Milestones ki 40 tables ratne ki zaroorat nahi hai."*

Prompt: his view that memorising giant milestone charts is suffering without return - 52 PYQs come back to about ten anchor ages and one method. One story: a student who stopped re-reading charts and practised placing children by their most advanced skill. Ends with the standard end card and: *"Developmental Milestones ke revision cards HYT Revision par hain. Free. By Dr Abhishek Gupta's HYT."*

6d. HYT Quiz (spec N1) - 10 questions, one continuous flow

1. INI-CET 2024 A child can copy a cross, recite rhymes, and go to the bathroom independently by what age?

A. 2 years
B. 3 years
C. 4 years
D. 5 years

Answer: **C. 4 years** - Copying a cross, reciting rhymes and toileting alone are 4-year milestones.

2. FMGE 2021 Which of the following developmental milestones is attained first in infants?

A. Immature pincer grasp
B. Mature pincer grasp
C. Radial palmar grasp
D. Ulnar palmar grasp

Answer: **D. Ulnar palmar grasp** - Grasp matures ulnar to radial; ulnar palmar grasp comes first.

3. UPSC CMS 2019 Which one of the following figures should a five year old developmentally normal child be able to draw?

A. Rectangle
B. Triangle
C. Circle
D. Cross

Answer: **B. Triangle** - Shapes: circle 3, cross 4, square 4.5, triangle 5 years.

4. NEET PG 2015 Which is false about development milestones at 6 months of age:

A. Watching self in mirror
B. Sitting in the tripod position
C. Pincer grasp
D. Monosyllable sounds

Answer: **C. Pincer grasp** - Pincer grasp is 9 months (immature) to 12 months (mature), not 6 months.

5. UPSC CMS 2018 Which of the following will be considered to be a 'RED FLAG' in child development?

A. No vocalization by 4 months
B. Unable to sit without support by 10 months
C. Unable to walk independently by 15 months
D. Unable to speak a single word with meaning by 15 months

Answer: **A. No vocalization by 4 months** - No vocalisation by 4 months is a red flag; the other ages are still within normal limits.

6. New A child hops on one foot and copies a cross but cannot copy a triangle or skip. What is the most likely developmental age?

A. 3 years
B. 4 years
C. 5 years
D. 6 years

Answer: **B. 4 years** - Hopping and copying a cross are 4-year skills; triangle and skipping are 5-year skills.

7. New The most appropriate object to test the pincer grasp in an infant is:

A. A 1-inch red cube
B. A red ring on a string
C. A small pellet or raisin
D. A rattle

Answer: **C. A small pellet or raisin** - A small pellet tests the pincer grasp; the red cube tests palmar grasp and transfer.

8. New A baby born at 32 weeks of gestation is now 6 months old. At what age should his milestones be assessed?

A. 4 months
B. 5 months
C. 6 months
D. 8 months

Answer: **A. 4 months** - Corrected age = 6 months minus 8 weeks (2 months) of prematurity = 4 months; used till 2 years.

9. New Which of the following is a red flag at any age in child development?

A. Hand preference at 3 years
B. Loss of previously acquired words
C. Stranger anxiety at 7 months
D. Two-word phrases at 20 months

Answer: **B. Loss of previously acquired words** - Regression (loss of acquired skills) always needs urgent evaluation.

10. New Which of these language milestones appears LAST?

A. Cooing
B. Laughing aloud
C. Monosyllables
D. Bisyllables

Answer: **D. Bisyllables** - Cooing 3 mo, laughs aloud 4 mo, monosyllables 6 mo, bisyllables 9 mo.

Summary Note (one screen)

Age	Gross motor	Fine motor	Language / social
3 mo	Head control	Follows 180°	Coos; recognises mother
6 mo	Tripod sit	One-hand reach, transfer	Monosyllables; stranger anxiety 6-7 mo
9 mo	Crawls, stands holding	Immature pincer	Mama/dada; bye-bye
12 mo	Stands alone	Mature pincer	1-2 words with meaning
18 mo	Runs	Tower of 3	8-10 words; copies chores
2 y	Stairs, 2 feet/step	Tower of 6	Sentences, pronouns
3 y	Tricycle	Circle; tower of 9	Name and gender
4 y	Hops	Cross	Story; toilet alone
5 y	Skips	Triangle	4 colours; dresses fully

Red flags: no fix-and-follow 3 mo · no vocalisation 4 mo · not sitting 9 mo · not walking 18 mo · any regression. Speech delay alone: hearing first.

Dr Abhishek Gupta's HYT

Next: watch the Developmental Milestones videos, then revise the cards free on HYT Revision, by Dr Abhishek Gupta.

6e. MCQ Polls (spec N3) - from the four MCQ videos

INI-CET 2026 **Dr Abhishek Gupta's HYT**

An 18-month-old child walks independently, scribbles spontaneously and follows one-step verbal commands, but speaks only monosyllabic sounds with no recognisable words. What is the most appropriate next step?

A. Start anti-epileptic therapy
B. Formal hearing assessment and language evaluation
C. Reassure the parents and review at 5 years of age
D. Diagnose autism spectrum disorder

Answer: **B. Formal hearing assessment and language evaluation** - Isolated speech delay with normal motor and receptive skills: test hearing first.

Then: link to the explanation video + "Ten more questions on Developmental Milestones are on HYT Revision. Free."

UPSC CMS 2025 **Dr Abhishek Gupta's HYT**

A child can ride a tricycle, copies a circle, knows name and gender. The developmental age of this child is

A. 2 years
B. 3 years
C. 4 years
D. 5 years

Answer: **B. 3 years** - Tricycle, copying a circle and knowing name and gender are 3-year milestones.

Then: link to the explanation video + "Ten more questions on Developmental Milestones are on HYT Revision. Free."

FMGE 2024 **Dr Abhishek Gupta's HYT**

At what age does stranger anxiety appear?

A. 7 months
B. 9 months
C. 12 months
D. 15 months

Answer: **A. 7 months** - Stranger anxiety appears at about 6-7 months (keyed 7 months).

Then: link to the explanation video + "Ten more questions on Developmental Milestones are on HYT Revision. Free."

NEET PG 2019 **Dr Abhishek Gupta's HYT**

At what age is a bidextrous grip (using both hands to hold an object) typically seen?

A. 4 months
B. 5 months
C. 6 months
D. 7 months

Answer: **A. 4 months** - Both hands reach and hold at 4 months; one-hand reach follows at 6 months.

Then: link to the explanation video + "Ten more questions on Developmental Milestones are on HYT Revision. Free."

Revise this free on HYT Revision, by Dr Abhishek Gupta.