

## Developmental Milestones

By THREE MONTHS<sup>51</sup>

<i>Category</i>	<i>Developmental Milestones</i>
<b>Movement</b>	Raises head and chest when lying on stomach
	Supports upper body with arms when lying on stomach
	Stretches legs out and kicks when lying on stomach or back
	Opens and shuts hands
	Pushes down on his legs when his feet are placed on a firm surface
	Brings hand to mouth
	Takes swipes at dangling objects with hands
	Grasps and shakes hand toys
<b>Visual</b>	Watches faces intently
	Follows moving objects
	Recognizes familiar objects and people at a distance
	Starts using hands and eyes in coordination
<b>Hearing &amp; Speech</b>	Smiles at the sound of your voice
	Begins to babble
	Begins to imitate some sounds
	Turns head toward direction of sound
<b>Social/ Emotional</b>	Begins to develop a social smile
	Enjoys playing with other people, and may cry when playing stops
	Becomes more communicative and expressive with face and body
	Imitates some movements and facial expressions
<b>DEVELOPMENTAL HEALTH WATCH</b>	
Still has Moro reflex after 4 months	
Doesn't seem to respond to loud sounds	
Doesn't notice her hands by 2 months	
Doesn't smile at the sound of your voice by 2 months	
Doesn't follow moving objects with her eyes by 2 to 3 months	
Doesn't grasp and hold objects by 3 months	
Doesn't smile at people by 3 months	
Cannot support her head well at 3 months	
Doesn't reach for and grasp toys by 3 to 4 months	
Doesn't babble by 3 to 4 months	
Doesn't bring objects to her mouth by 4 months	
Begins babbling, but doesn't try to imitate any of your sounds by 4 months	
Doesn't push down with her legs when her feet are placed on a firm surface by 4 months	
Has trouble moving one or both eyes in all directions	
Crosses her eyes most of the time. (Occasional crossing of the eyes is normal in these first months.)	
Doesn't pay attention to new faces, or seems very frightened by new faces or surroundings	
Still has the tonic neck reflex at 4 to 5 months	

**By SIX MONTHS**<sup>51</sup>

<b><u>Category</u></b>	<b><u>Developmental Milestones</u></b>
<b>Movement</b>	Plays with hands by touching them together
	Rolls from back to stomach
	Rolls from stomach to back
	Bears some weight when held under the arms
	Supports some weight when lying on stomach with outstretched hands
<b>Visual</b>	Able to see small objects (eg. crumbs)
<b>Hearing &amp; Speech</b>	Turns to sounds that originate out of immediate area

**By NINE MONTHS**<sup>51</sup>

<b><u>Category</u></b>	<b><u>Developmental Milestones</u></b>
<b>Movement</b>	Able to sit without support without use of hands to hold up body
	Able to creep or crawl on hands and knees
	Able to hold her own bottle
<b>Hearing &amp; Speech</b>	Turns in response to quiet sounds (eg. when you sneak up behind him)

**By TWELVE MONTHS**<sup>51</sup>

<b><u>Category</u></b>	<b><u>Developmental Milestones</u></b>
<b>Movement</b>	Pulls self up to stand
	Says at least one word
	Walks while holding onto furniture
<b>Hearing &amp; Speech</b>	Makes “ma-ma” and/or “da-da” sounds
	Able to locate sounds by turning head
<b>Social/ Emotional</b>	Looks for you to reappear after you hide during games

**By EIGHTEEN MONTHS**<sup>51</sup>

<b><u>Category</u></b>	<b><u>Developmental Milestones</u></b>
<b>Movement</b>	Able to hold a regular cup or glass without help and drink without spilling
	Able to walk across a large room without falling or wobbling
	Able to walk without support
	Able to take off shoes independently
	Able to self-feed
<b>Hearing &amp; Speech</b>	Able to say at least two words

**By END OF TWO YEARS**<sup>51</sup>

<b><u>Category</u></b>	<b><u>Developmental Milestones</u></b>
<b>Movement</b>	Walks alone
	Pulls toys behind her while walking
	Carries large toy or several toys while walking
	Begins to run
	Stands on tiptoe
	Kicks a ball
	Climbs onto and down from furniture unassisted
	Walks up and down stairs holding on to support
<b>Hand &amp; Finger Skills</b>	Scribbles spontaneously
	Turns over container to pour out contents
	Builds tower of four blocks or more
	Might use one hand more frequently than the other
<b>Language</b>	Points to object or picture when it's named for him
	Recognizes names of familiar people, objects and body parts
	Says several single words (by 15 to 18 months)
	Uses simple phrases (by 18 to 24 months)
	Uses two- to four-word sentences
	Follows simple instructions
	Repeats words overheard in conversation
<b>Cognitive</b>	Finds objects even when hidden under two or three covers
	Begins to sort by shapes and colors
	Begins make-believe play
<b>Social/ Emotional</b>	Imitates behavior of others, especially adults and older children
	Increasingly aware of herself as separate from others
	Increasingly enthusiastic about company of other children
	Demonstrates increasing independence
	Begins to show defiant behavior
	Episodes of separation anxiety increase toward midyear then fade

**DEVELOPMENTAL HEALTH WATCH**

Cannot walk by 18 months

Fails to develop a mature heel-toe walking pattern after several months of walking, or walks exclusively on his toes
Does not speak at least 15 words by 18 months
Does not use two-word sentences by age 2
By 15 months, does not seem to know the function of common household objects (brush, telephone, bell, fork, spoon)
Does not imitate actions or words by the end of this period
Does not follow simple instructions by age 2
Cannot push a wheeled toy by age 2

**By END OF THREE YEARS**<sup>51</sup>

<b><i>Category</i></b>	<b><i>Developmental Milestones</i></b>
<b>Movement</b>	Climbs well
	Walks up and down stairs, alternating feet
	Kicks ball
	Runs easily
	Pedals tricycle
	Bends over easily without falling
<b>Hand &amp; Finger Skills</b>	Makes vertical, horizontal and circular strokes with pencil or crayon
	Turns book pages one at a time
	Builds a tower of more than six blocks
	Holds a pencil in writing position
	Screws and unscrews jar lids, nuts and bolts
	Turns rotating handles
<b>Language</b>	Follows a two- or three-component command
	Recognizes and identifies almost all common objects and pictures
	Understands most sentences
	Understands physical relationships ("on," "in," "under")
	Uses four- and five-word sentences
	Can say name, age and sex
	Uses pronouns (I, you, me, we, they) and some plurals (cars, dogs, cats)
Strangers can understand most of her words	
<b>Cognitive</b>	Makes mechanical toys work
	Matches an object in her hand or room to a picture in a book
	Plays make-believe with dolls, animals and people
	Sorts objects by shape and color
	Completes puzzles with three or four pieces
	Understands concept of "two"
<b>Social/ Emotional</b>	Imitates adults and playmates
	Spontaneously shows affection for familiar playmates
	Can take turns in games
	Understands concept of "mine" and "his/hers"
	Expresses affection openly
	Expresses a wide range of emotions
	By 3, separates easily from parents

	Objects to major changes in routine
<b>DEVELOPMENTAL HEALTH WATCH</b>	
Frequent falling and difficulty with stairs	
Persistent drooling or very unclear speech	
Inability to build a tower of more than four blocks	
Difficulty manipulating small objects	
Inability to copy a circle by age 3	
Inability to communicate in short phrases	
No involvement in "pretend" play	
Failure to understand simple instructions	
Little interest in other children	
Extreme difficulty separating from mother	

**By END OF FOUR YEARS**<sup>51</sup>

<u>Category</u>	<u>Developmental Milestones</u>
<b>Movement</b>	Hops and stands on one foot up to five seconds
	Goes upstairs and downstairs without support
	Kicks ball forward
	Throws ball overhand
	Catches bounced ball most of the time
	Moves forward and backward with agility
<b>Hand &amp; Finger Skills</b>	Copies square shapes
	Draws a person with two to four body parts
	Uses scissors
	Draws circles and squares
	Begins to copy some capital letters
<b>Language</b>	Understands the concepts of "same" and "different"
	Has mastered some basic rules of grammar
	Speaks in sentences of five to six words
	Speaks clearly enough for strangers to understand
	Tells stories
<b>Cognitive</b>	Correctly names some colors
	Understands the concept of counting and may know a few numbers
	Approaches problems from a single point of view
	Begins to have a clearer sense of time
	Follows three-part commands
	Recalls parts of a story
	Understands the concept of same/different
	Engages in fantasy play
<b>Social/ Emotional</b>	Interested in new experiences
	Cooperates with other children
	Plays "Mom" or "Dad"
	Increasingly inventive in fantasy play
	Dresses and undresses
	Negotiates solutions to conflicts
	More independent

	Imagines that many unfamiliar images may be "monsters"
	Views self as a whole person involving body, mind and feelings
	Often cannot distinguish between fantasy and reality
<b>DEVELOPMENTAL HEALTH WATCH</b>	
	Cannot throw a ball overhand
	Cannot jump in place
	Cannot ride a tricycle
	Cannot grasp a crayon between thumb and fingers
	Has difficulty scribbling
	Cannot stack four blocks
	Still clings or cries whenever his parents leave him
	Shows no interest in interactive games
	Ignores other children
	Doesn't respond to people outside the family
	Doesn't engage in fantasy play
	Resists dressing, sleeping, using the toilet
	Lashes out without any self-control when angry or upset
	Cannot copy a circle
	Doesn't use sentences of more than three words
	Doesn't use "me" and "you" appropriately

**By END OF FIVE YEARS**<sup>51</sup>

<b><u>Category</u></b>	<b><u>Developmental Milestones</u></b>
<b>Movement</b>	Stands on one foot for 10 seconds or longer
	Hops, somersaults
	Swings, climbs
	May be able to skip
<b>Hand &amp; Finger Skills</b>	Copies triangle and other geometric patterns
	Draws person with body
	Prints some letters
	Dresses and undresses without assistance
	Uses fork, spoon and (sometimes) a table knife
Usually cares for own toilet needs	
<b>Language</b>	Recalls part of a story
	Speaks sentences of more than five words
	Uses future tense
	Tells longer stories
<b>Cognitive</b>	Says name and address
	Can count 10 or more objects
	Correctly names at least four colors
	Better understands the concept of time
<b>Social/</b>	Knows about things used every day in the home (money, food, appliances)
	Wants to please friends
	Wants to be like her friends
	More likely to agree to rules

<b>Emotional</b>	Likes to sing, dance and act
	Shows more independence and may even visit a next-door neighbor by herself
	Aware of sexuality
	Able to distinguish fantasy from reality
	Able to distinguish fantasy from reality
	Eagerly cooperative

## DEVELOPMENTAL HEALTH WATCH

Exhibits extremely fearful or timid behavior
Exhibits extremely aggressive behavior
Is unable to separate from parents without major protest
Is easily distracted and unable to concentrate on any single activity for more than five minutes
Shows little interest in playing with other children
Refuses to respond to people in general, or responds only superficially
Rarely uses fantasy or imitation in play
Seems unhappy or sad much of the time
Doesn't engage in a variety of activities
Avoids or seems aloof with other children and adults
Doesn't express a wide range of emotions
Has trouble eating, sleeping or using the toilet
Can't differentiate between fantasy and reality
Seems unusually passive
Cannot understand two-part commands using prepositions ("Put the cup on the table"; "Get the ball under the couch.")
Can't correctly give her first and last name
Doesn't use plurals or past tense properly when speaking
Doesn't talk about her daily activities and experiences
Cannot build a tower of six to eight blocks
Seems uncomfortable holding a crayon
Has trouble taking off clothing
Cannot brush her teeth efficiently
Cannot wash and dry her hands