

Developmental Milestones

Watching a young child grow is a wonderful and unique experience for a parent. Learning to sit up, walk, and talk are some of the more major developmental milestones your child will achieve. But your child's growth is a complex and ongoing process. Young bodies are constantly going through a number of physical and mental changes.

Although no two children develop at the same rate, they should be able to do certain things at certain ages. As a parent, you are in the best position to note your child's development, and you can use the milestones described in this brochure as guidelines.

At the ages noted in this brochure, observe your child for 1 month. (This lets you take into account any days when your child may be acting differently because she is sick or upset.) Use the milestones listed for each age to see how your child is developing.

Remember, a "No" answer to any of these questions does not necessarily mean that there is a problem. Every child develops at his own pace and may sometimes develop more slowly in certain areas than other children the same age. Keep in mind these milestones should be used only as guidelines.

Plan to talk about these guidelines with your pediatrician during your next office visit if you note the following:

- Major differences between your child's development and the milestones.
- Your child does not yet do many of the things usually done at her age.

3 months

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| 1. When your baby is lying on his back, does he move each of his arms equally well? Check "No" if your baby makes jerky or uncoordinated movements with one or both of his arms or legs, or uses only one arm all the time. | yes | no |
| 2. Does your baby make sounds such as gurgling, cooing, babbling, or other noises besides crying? | yes | no |
| 3. Does your baby respond to your voice? | yes | no |
| 4. Are your baby's hands frequently open? | yes | no |
| 5. When you hold your baby in the upright position, can she support her head for more than a moment? | yes | no |

6 months

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| 1. Have you seen your baby play with his hands by touching them together? | yes | no |
| 2. Does your baby turn her head to sounds that originate out of her immediate area? | yes | no |
| 3. Has your baby rolled over from his stomach to his back or from back to stomach? | yes | no |
| 4. When you hold your baby under her arms, can she bear some weight on her legs? Check "Yes" only if she tries to stand on her feet and support some of her weight. | yes | no |
| 5. When your baby is on his stomach, can he support his weight on outstretched hands? | yes | no |
| 6. Does your baby see small objects such as crumbs? | yes | no |
| 7. Does she react to the emotions of others? | yes | no |
| 8. Does your baby produce a string of sounds? | yes | no |
| 9. Does your baby begin to relax when you read him a bedtime story? | yes | no |
| 10. Does your baby notice herself and her actions in a mirror? | yes | no |
| 11. Does your baby reach out for you to pick him up? | yes | no |

9 months

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| 1. When your baby is playing and you come up quietly behind her, does she sometimes turn her head as though she hears you? (Loud sounds do not count.) Check "Yes" only if you have seen her respond to quiet sounds or whispers. | yes | no |
| 2. Can your baby sit without support and without holding up his body with his hands? | yes | no |
| 3. Does your baby crawl or creep on her hands and knees? | yes | no |
| 4. Does your baby hold his bottle? | yes | no |
| 5. Does your baby deliberately drop or throw toys? | yes | no |
| 6. Does she bang, strike, and shake her toys? | yes | no |
| 7. When you show your baby a book, does he get excited, then try to grab and taste it? | yes | no |
| 8. Is your baby wary of unfamiliar people? | yes | no |
| 9. Does your baby make sounds that use vowels and consonants? | yes | no |

12 Months

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| 1. When you hide behind something or around a corner and then reappear, does your baby look for you and eagerly plan for you to reappear? | yes | no |
| 2. Does your baby pull up to stand? | yes | no |
| 3. Does your baby make 'ma-ma or da-da' sounds? Check "Yes" if she makes either sound | yes | no |
| 4. Does your baby walk holding on to furniture?. | yes | no |
| 5. Does your baby say at least one word? | yes | no |
| 6. Is your baby able to locate sounds by turning his head? | yes | no |
| 7. Does your baby imitate familiar adult behavior, such as using a cup or telephone? | yes | no |
| 8. Does your baby turn her books face up, but turn several pages at once? | yes | no |
| 9. Does your baby look for and find toys? | yes | no |
| 10. Does your baby eagerly explore objects and spaces? | yes | no |

18 Months

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| 1. Can your child hold a regular cup or glass without help and drink from it without spilling? | yes | no |
| 2. Can your child walk all the way across a large room without falling or wobbling from side to side? | yes | no |
| 3. Does your child feed herself? | yes | no |
| 4. Does your child take off his shoes by himself? | yes | no |
| 5. Does your child clearly look to his parents in stressful situations? | yes | no |
| 6. Does your child have temper tantrums? | yes | no |
| 7. Does your child say at least 4 to 10 words? | yes | no |
| 8. Does your child point to a picture that you name in a book? | yes | no |
| 9. Does your child pretend to talk? | yes | no |

2 Years

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| 1. Can your child say things like "all gone," go bye-bye," or other two-word sentences? | yes | no |
| 2. Does your child say about 50 words? | yes | no |
| 3. Can your child take off clothes such as pajamas (tops or bottoms) or pants? (Diapers, hats, and socks do not count.) | yes | no |
| 4. Does your child run without falling? | yes | no |
| 5. Does your child look at pictures in a picture book? | | |
| 6. Does your child carry around a favorite book and pretend to read it to you? | yes | no |
| 7. Does your child tell you what she wants? | yes | no |
| 8. Does your child repeat words others say? | yes | no |
| 9. Does your child point to at least one named body part? | yes | no |
| 10. Does your child participate in play with other children? Does your child show increasing independence, wanting to do things his way? | yes | no |
| 11. Does your child like to collect or hoard things? | yes | no |

3 Years

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| 1. Can your child name at least one picture when you look at animal books together? | yes | no |
| 2. Does your child enjoy sitting together for at least 5 minutes for story time? | yes | no |
| 3. Can your child answer "what" questions about the story that you have just read together? | yes | no |
| 4. Can your child throw a ball overhand (not sidearm or underhand) toward your stomach or chest from a distance of 5 feet? | yes | no |
| 5. Do most adults easily understand your child? | yes | no |
| 6. Does your child help put things away? | yes | no |
| 7. Can your child answer the question, Are you a boy or girl?" | yes | no |
| 8. Can your child name at least one color? | yes | no |
| 9. Does your child talk in three-word sentences most of the time? | yes | no |

4 Years

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| 1. Can your child pedal a tricycle at least 10 feet forward? | yes | no |
| 2. Does your child play hide-and-seek, cops-and-robbers, or other games where she takes turns and follows rules? | yes | no |
| 3. Does your child turn paper pages in a book one at a time? | yes | no |
| 4. Does your child retell stories that are familiar? | yes | no |
| 5. Can your child tell you what action is taking place in a picture? | yes | no |
| 6. Does your child use action words (verbs)? | yes | no |
| 7. Does your child play pretend games, such as with toys, dolls, animals, or even an imaginary friend? | yes | no |
| 8. Can your child copy a circle? | yes | no |
| 6. Does your child pretend to write, making marks on a page that only he can read? | yes | no |
| 7. Does your child mostly use four-word or five-word sentences when talking? | yes | no |

5 Years

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| 1. Can your child button some of her clothing or her doll's clothes? (Snaps do not count.) | yes | no |
| 2. Does your child react well when you leave him with a friend or sitter? | yes | no |
| 3. Can your child name at least three colors? | yes | no |
| 4. Can your child walk down stairs alternating her feet? | yes | no |
| 5. Can your child point while counting at least three different objects? | yes | no |
| 6. Can your child jump with his feet apart (broad jump)? | yes | no |
| 7. Can your child name a coin correctly? | yes | no |
| 8. Does your child like to relax together with you for 10 to 20 minutes of story time? | yes | no |
| 9. Can your child copy a square? | yes | no |
| 10. Can your child name at least some letters of the alphabet when she sees them? | yes | no |
| 11. Can your child identify and print the first letter in his name? | yes | no |
| 12. Can your child recognize and name several single numbers? | yes | no |
| 13. Does your child recognize common street and store signs (e.g., 'Stop,' 'Open')? | yes | no |

6 Years

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| 1. Can your child tie her shoes? | yes | no |
| 2. Can your child catch a small bouncing ball, such as a tennis ball, using only her hands? (Large balls do not count.) | yes | no |
| 3. Can your child dress himself completely without help? | yes | no |
| 4. Can your child skip with both feet? | yes | no |
| 5. Can your child tell his age correctly? | yes | no |
| 6. Can your child repeat at least four numbers in the proper sequence? | yes | no |
| 7. Can your child recognize and name at least 10 letters in the alphabet? | yes | no |
| 8. Does your child know the sounds of most letters of the alphabet? | yes | no |
| 9. Can your child recognize and read 15 or more common words? | yes | no |
| 10. Can your child copy a few simple words from a book? | yes | no |

As a parent, you are in the best position to note these subtle aspects of your child's behavior. These clues signal that your child's development is on schedule or that something might be wrong. A "No" answer to any of the questions may be a warning sign. Make sure to bring it to your pediatrician's attention. Remember that these milestones are an aid, not a test.

If you have any questions, plan to discuss them with your pediatrician. Pediatricians are trained to detect and treat developmental problems in children. Many problems, if detected early, can be treated by your pediatrician and successfully managed.