

Developmental Milestones

Skills Your Child Should Demonstrate

Motor Skills

0-3 Months:

- Symmetrical arm and leg movement
- Gains head control in supported sitting
- Props on forearms when lying on tummy
- Follows with eyes on a moving person or toy

3-6 Months:

- Explores objects with hands and mouth
- Brings hands together in the middle
- Rolls from tummy to back
- Reaches for toys and may grasp them
- Lifts head and chest from floor on tummy
- Sits with some support
- Holds a bottle with two hands

6-9 Months:

- Sits independently with active reaching
- Picks up tiny objects using pincer grasp
- Stands with help
- Rolls from back to tummy
- Moves an object from hand to hand

9-12 Months:

- Bangs two cubes
- Cruises and pulls up onto furniture
- Takes objects out of a container
- Crawls on hands and knees
- Attempts to use a spoon
- Enjoys toddler swings

12-18 Months:

- Places one block on top of another
- Walks independently
- Scribbles on paper
- Tosses a ball forward
- Pokes with index finger
- Enjoys playing in a sandbox
- Places pegs in a pegboard

18-24 Months:

- Circular scribbles
- Stands on one foot with help
- Picks up toy from floor without falling
- Attempts to fold paper
- Kicks ball forward
- Imitates housework during play

2-Year-Olds:

- Strings 1" beads
- Jumps in place
- Snips with scissors
- Runs for short distances without falling
- Puts shoes on with help

3-Year-Olds:

- Holds marker with fingers
- Walks up/down stairs without a rail
- Imitates a cross
- Kicks a ball without help
- Completes a puzzle
- Climbs on playground equipment
- Unbuttons 1" buttons
- Rides a tricycle

4-Year-Olds:

- Draws a person with three body parts
- Stands on one foot for 6 seconds
- Cuts following a line
- Pencil is held with thumb, 1st and 2nd fingers
- Catches a large ball with hands only

5-Year-Olds:

- Copies a triangle
- Draws a simple picture
- Dresses self
- Shows hand dominance
- Skips
- Walks down stairs carrying an object

Speech and Language Skills

0-3 Months:

- Quiets to a familiar noise
- Attaches to nipple and sucks
- Makes gurgling and cooing noises
- Smiles
- Cries to express hunger, fear and discomfort

3-6 Months:

- Babbles and demonstrates sound play
- Turns head toward source of the sound
- Puts toys to mouth
- Rice cereal trials

6-9 Months:

- Waves in response to "bye-bye"
- Duplicates syllables such as "dada", "mama" or "baba"
- Shakes and bangs objects in play
- Reacts to "peek-a-boo" game

9-12 Months:

- Gives objects upon request ("Give me...")
- Says "mama/dada" meaningfully
- Imitates non-speech sounds (moon, vroom-vroom)
- Responds to "no-no"
- Says first word
- Drinks from a cup/experiments with finger foods

12-18 Months:

- Uses/plays with objects appropriately (phone, etc)
- Follows simple 1-step commands
- Attends to pictures in a book
- Uses spontaneous words
- Shakes head "no" or uses "no" as favorite word
- Identifies two body parts on self (eye, nose, mouth, ear)
- Participates in play routine for 1-2 minutes

18-24 Months:

- Points to common objects
- Understands a minimum of 50 words
- Asks for "more"
- Asks "What's that?"
- Imitates words readily
- Uses 5-10 words spontaneously

2-Year-Olds:

- Follows 2-step related commands ("Pick up your shoes and bring them to me")
- Uses early pronouns (me, my, mine)
- Uses 2-word phrases ("want juice"/"more juice")
- Asks for "help" when needed
- Responds to simple questions
- Plays independently and watches other children

3-Year-Olds:

- Identifies part of an object ("nose on cow")
- Relates daily experiences
- Identifies complex body parts (wrist, knee, ankle)
- Speaks in sentences
- Understands directions "in", "on" and "under"
- Speech is 80% intelligible

4-Year-Olds:

- Understands descriptive words (long/short)
- Describes a 3-step procedure (i.e. how to make a PBJ sandwich)
- Acts very social
- Asks questions using "what", "when", "where"
- Plays appropriately with other children
- Counts from 1-10

5-Year-Olds:

- Speaks in conversation
- Speech is 100% intelligible
- Is able to follow rules
- Knows colors
- Knows opposites
- Understands simple time concepts (yesterday/tomorrow, morning/night)

Note: Attainment of the above-stated skills is based on the typical physical and mental development.