

Comprehensive Developmental Milestones 0 – 3 Years

Gross Motor

Fine Motor

Cognitive

Communication

Social

0 - 3 Months

- “ Head lags when pulled-to-sit
- “ Can Lift his head to 45° in prone
- “ Is able to keep head erect for one minute when held upright (3 mo)
- “ Movements are mostly disorganized and random
- “ Tone is elevated and fluctuating

- “ Hands are mostly fistled (grasp reflex) at first and then relax to a loose fistled grasp
- “ Can hold a rattle when placed in hand briefly
- “ Brings his hands to midline
- “ Swats at objects in his visual field (global ineffective reach)

- “ Recognizes bottle or breast
- “ Briefly looks at objects
- “ Turns head towards sound
- “ Visually tracks moving toys
- “ Explores new objects by mouthing
- “ Makes simple associations, e.g. if he cries he gets picked up

- “ Produces sounds such as fussing, crying, burping, and cooing.
- “ Makes single vowel sounds "ah" "eh" "uh" -- one syllable
- “ Sustains cooing 15-20 seconds
- “ Different kinds of crying for pain and hunger

- “ Establishes brief eye contact
- “ Begins to recognize caregivers visually
- “ Begins to smile
- “ Explores adult facial features
- “ May single out mother in a group of people

3 - 6 Months

- “ No head lag when pulled to sit
- “ Rolls stomach to back and back to stomach
- “ Bears some weight on legs
- “ Prone prop on extended arms
- “ Brings feet to mouth
- “ Can sit when placed with support (tripod to erect sitting by 6 mo)

- “ Uses hands to explore objects in midline
- “ Keep hands mostly open
- “ Uses 1 handed palmer grasp
- “ Can hold objects for a minute
- “ Controlled visual reach(6m)
- “ Can place both hands on bottle

- “ Explores own body with hands and mouth
- “ Smiles/vocalizes to mirror image; reaches out to mirror image
- “ Seeks stimulation
- “ Demonstrates anticipatory excitement when toy is in sight

- “ Coos to music
- “ Vocalizes "ma" or "mu"
- “ Tries to repeat heard sound sequences
- “ Begins to babble
- “ Experiments/plays with sounds (yells, gurgles, blows raspberries, bubbles)
- “ Shows pleasure/displeasure by vocalizing

- “ Laughs in response to play
- “ Maintains eye contact
- “ Discriminates Strangers
- “ Distinguishes between harsh and soothing voices
- “ Enjoys frolic play
- “ Recognizes his own name

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6 - 9 Months

- “ Sits unsupported
- “ Can get into sitting from back or stomach
- “ Sideways and forward protective reaction are integrated
- “ Begins to creep on belly or crawl on all fours
- “ Transitions fluidly between positions
- “ Can Stand by a support surface

- “ Brings objects to mouth
- “ Rakes small pellets
- “ Develops inferior pincer grasp to finger feed
- “ Bangs toys and transfers toys from hand-to-hand
- “ Removes pegs and forms from a board
- “ Can hold his own bottle

- “ Establishes Object Permanence (discovers that objects exist even when they're out of sight)
- “ Explores cause and effect by banging, rattling and dropping objects
- “ Maintain attention to a speaker for 30 sec
- “ Struggles to get objects that are out of reach
- “ Plays games like "peek-a-boo"
- “ Imitates simple acts, e.g. clapping, nodding
- “ Pulls rings off of a peg

- “ Babbles with some CV syllables ("bababa")
- “ Imitates sounds, cough, tongue clicking
- “ Back and forth vocalization
- “ Recognizes names of family members
- “ Responds to "no" most of the time
- “ Attends to pictures
- “ Uses gesture and vocalization to protest
- “ Vocalizes during games

- “ Demonstrates anticipatory excitement in play
- “ Raises voice to gain attention
- “ Waves in response to "bye-bye"
- “ Gives, points, shows
- “ Separation/stranger anxiety emerges

9 - 12 Months

- “ Pulls to stand by a support surface
- “ Can Bounce in place while supported
- “ Can lower to the ground from supported standing
- “ Can take steps when held
- “ Cruises along surfaces
- “ Can stand unsupported for 30sec-1min
- “ Walks with support and may begin to take independent steps

- “ Develops neat pincer grasp
- “ Controlled release of objects into a container
- “ Isolates a point
- “ Begins to hold a spoon
- “ Holds a toy with one hand and explores with the other hand

- “ Finds a hidden toy
- “ Imitates actions
- “ Starts linking meanings to gestures, shaking his head no and waving bye-bye
- “ Tries to secure an object out of reach
- “ Stacks rings on peg
- “ Begins awareness of in/out (objects/containers)
- “ Identifies two body parts on self

- “ Uses Rich varied babbling ("dageedagee")
- “ Begins changing babbling to real words
- “ Recognizes familiar persons or objects when named
- “ Looks at named pictures with an adult
- “ Gives objects upon verbal request with a gesture
- “ Vocalizes with intent frequently
- “ Points to objects to show or request
- “ Says one to two words spontaneously

- “ Notices when someone leaves room and anticipates their return
- “ Performs for social attention
- “ Enjoys positive praise
- “ Extends an arm to show an object
- “ Uses social gestures (waving "bye-bye" and "hi")
- “ Actively plays "peek-a-boo"
- “ Reaches upward to request to be picked up
- “ Looks at person calling his name

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12 - 18 Months

- “ Walks confidently on leveled surfaces and unlevelled surfaces
- “ Walks fast
- “ Creeps up a flight of stairs
- “ Can take a few steps backwards
- “ Can roll a ball back and forth in an exchange while seated

- “ Points to pictures in books
- “ Builds a tower using 2 blocks
- “ Scribble spontaneously with a crayon
- “ Hold her own cup and drink, with some spilling
- “ Feeds himself using a spoon, with some spilling

- “ Moves from deconstructive (dumping) to constructive play (building)
- “ Explores toys functionally
- “ Maintains attention to pictures
- “ Completes a simple puzzle or form board
- “ Solves problems by trial and error, e.g. inverts bottle to obtain object

- “ Follows 1-step commands without a gesture
- “ Combines vocalization and gesture to obtain a desired object
- “ Names objects on request
- “ Gives objects if asked
- “ Asks for “more” or “what’s that?”
- “ By 18 months, uses 20 - 50 meaningful words

- “ Observes other children playing around him, but will not play with them
- “ Identifies self in the mirror
- “ Laughs at silly actions (as in wearing a bowl as a hat)
- “ Retreats to caregiver when unfamiliar adult approaches
- “ Hands a toy to an adult for assistance

18 - 24 Months

- “ Can climb stairs step-to-step with one hand assist on railing up and down
- “ Can run
- “ Jumping skills emerge
- “ Can catch a medium size ball against body from a 2-3 foot distance
- “ Can kick a stationary ball without loss of balance

- “ Build a tower with 4-6 blocks
- “ Turn pages of a book, 2 or 3 at a time
- “ Paint on paper using her whole arm to move the paintbrush
- “ Imitates drawing a vertical line and a circle (it may not be accurate)
- “ Begin to string large beads
- “ Feed herself using a fork and spoon
- “ Start to hold a crayon with her fingers

- “ Knows what to do with common objects, such as a hammer, etc. and knows their purpose
- “ Points to 6 body parts
- “ Completes a simple puzzle
- “ Can nest 3- 4 cups
- “ Understands the concept of one
- “ Finds objects even when hidden under two or three covers
- “ Can match object to picture

- “ Uses two-word phrases frequently by 24 months
- “ Follows a novel command
- “ Follows a 2-step command
- “ Refers to self by name
- “ Names most common objects
- “ Understands questions where? and what’s that?
- “ Begins using pronouns like “my,” “me,” “mine”
- “ Uses 50+ words by 24 months

- “ Competes for toys with other children
- “ Grabs for toys
- “ Imitates Other Children
- “ Parallel plays next to other children
- “ Pretend Play with toys and actions and about familiar situations (play “mommy” or “daddy” etc.)

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**2 - 2 ½
Years**

- “ Can Jump off of a step with a 2-fotted takeoff and landing
- “ May be able to walk up/down a few steps unsupported one step at a time
- “ Running speed increased (30ft in 9 seconds)

- “ Can draw vertical, horizontal, and circular lines with pencil or crayon
- “ Can turn single page in a book
- “ Uses one hand more often than the other for most activities (handedness)
- “ Build a tower of up to 9 large blocks

- “ Understands size concepts
- “ Begins to sort by shapes and colors
- “ May name one color
- “ Begins to understand concepts of part/whole

- “ Uses three-word phrases
- “ Uses action words
- “ Identifies 4 objects by function
- “ Uses pronoun to refer to self
- “ Asks for help

- “ Has a strong sense of ownership “Mine”
- “ Mostly parallel plays, but may start associative play with peers
- “ May begin sharing

**2 ½ - 3
Years**

- “ Can negotiate stairs step-over-step without support going up
- “ Can run 30 ft. in 6 sec.
- “ Can Jump hurdles and 2 ft forward
- “ Can kick a stationary ball with reciprocal swing
- “ Can throw a tennis ball 10 ft. in the air overhand
- “ Can catch a ball with arms extended

- “ Uses a mature 3 point grasp to hold crayon
- “ Can copy a circle or a cross
- “ Can feed himself with a spoon and a fork
- “ Can string ½ inch beads
- “ Can cut across a page
- “ Can remove most clothes and put on some clothing with supervision

- “ Can State First and last name, age, and gender
- “ Can identify detail in a picture
- “ Can repeat a series of three numbers or unrelated words
- “ Can complete a puzzle with 4+ pieces
- “ Counts 2 to 3 objects
- “ Selects objects not the same / Which doesn't belong? from set of objects
- “ Labels own drawings

- “ Answers “yes” or “no” questions appropriately
- “ Responds to “wh” questions
- “ Uses 3-4 word sentences
- “ Begins asking “what happened” and “why”
- “ Begins using plurals
- “ Understands in, out, in front of, under, over, etc
- “ Can have a conversation to relate stories and experiences
- “ Vocabulary is 900+ words

- “ Develop turn taking skills
- “ Begin to follow simple rules
- “ Will express emotions
- “ Cooperative play with peers
- “ Spontaneously shows affection to familiar playmates
- “ Avoids some dangers, e.g. a hot stove or a moving car