



Developmental Milestones Checklist for Children

Motor Skills

Speech and Language Skills

Social and Emotional Skills

0-3 Months

- ✓ follows moving person with eyes while lying on back
- ✓ blinks at sudden visual stimulus
- ✓ lifts head and chest while lying on his stomach
- ✓ grasps rattle when given to the child
- ✓ responds to speech by looking at the speaker
- ✓ makes cooing, gurgling sounds
- ✓ smiles when smiled at
- ✓ attempts to imitate sounds
- ✓ can be comforted by a familiar adult
- ✓ responds positively to touch
- ✓ looks at the place on the body that is being touched
- ✓ observes their own hands

3-6 Months

- ✓ clasps hands
- ✓ reaches for and grasps objects
- ✓ follows moving object with eyes without moving head
- ✓ repeats some vowel and consonant sounds
- ✓ knows familiar faces
- ✓ exchanges sounds, facial expressions, or gestures
- ✓ laughs aloud
- ✓ smiles spontaneously
- ✓ pays attention to own name
- ✓ plays peek-a-boo

6-9 Months

- ✓ plays with toy actively by moving wrists
- ✓ reaches and grasps objects with straight elbow
- ✓ crawls and sits up
- ✓ begins repetitive babbling
- ✓ associates gestures with words like "hi" and "bye-bye"
- ✓ uses vocal and non-vocal communication to express interest and influence others
- ✓ expresses several different emotions
- ✓ distinguishes friends from strangers
- ✓ shows displeasure at loss of a toy

9-12 Months

- ✓ takes objects out of container
- ✓ claps hands
- ✓ drinks from cup with help
- ✓ stands momentarily
- ✓ walks with one hand held
- ✓ understands names of familiar people and objects
- ✓ says a few words
- ✓ responds to a firm "no"
- ✓ shows anxiety when separated from primary caregiver
- ✓ mimics simple actions

If you have questions about your child's

1-2 Years

- ✓ walks alone
- ✓ picks up toys from a standing position
- ✓ marks paper with crayon
- ✓ grasps and holds a small ball
- ✓ turns 2 to 3 pages at a time
- ✓ follows a series of two simple but related directions
- ✓ responds correctly when asked "where?"
- ✓ from about 18 months, begins learning about 9 new words a day
- ✓ uses "my" or "mine" to indicate possession; begins to use "me", "I", and "you"
- ✓ recognizes herself in a picture or mirror
- ✓ shows intense feelings for parents and affection for familiar people
- ✓ plays by themselves and initiates their own play
- ✓ expresses negative feelings
- ✓ shows pride and pleasure in new accomplishments

2-3 Years

- ✓ runs forward
- ✓ jumps in place with both feet together
- ✓ kicks ball forward
- ✓ strings large beads
- ✓ turns pages one by one
- ✓ draws a circle
- ✓ participates in short conversations
- ✓ asks "why" questions
- ✓ uses sentences of three words or more to communicate
- ✓ helps to dress and undress themselves
- ✓ begins to talk about feelings
- ✓ shows awareness of gender identity
- ✓ begins self-evaluation and develops notions of self as good, bad, attractive, etc.

3-4 Years

- ✓ hops on one foot three times
- ✓ bounces and catches a large ball
- ✓ rides a tricycle
- ✓ people outside the family understands 80% of what the child says
- ✓ talks in whole sentences
- ✓ answers who, how, how many questions
- ✓ follows a series of simple directions
- ✓ shares toys, takes turns with assistance
- ✓ initiates or joins play with other children
- ✓ washes hands by self and blows nose when reminded

4-5 Years

- ✓ skips and gallops
- ✓ completes a picture of a stick person
- ✓ cuts out small triangle/square with scissors

- ✓ answers when and why questions
- ✓ participates in long, detailed conversations
- ✓ talks about the past, future, and imaginary events
- ✓ compares himself with others
- ✓ develops friendships
- ✓ expresses more awareness of others' feelings
- ✓ enjoys imaginative play
- ✓ shows interest in expressing sex differences

