



DEVELOPMENTAL MILESTONES (2 months – 2 years)

2 mo

Social/Emotional Milestones

- Calms down when spoken to or picked up
- Looks at your face
- Seems happy to see you when you walk up to her
- Smiles when you talk to or smile at her

Language/Communication Milestones

- Makes sounds other than crying
- Reacts to loud sounds

Cognitive Milestones (learning, thinking, problem-solving)

- Watches you as you move
- Looks at a toy for several seconds

Movement/Physical Development Milestones

- No head lag
- Follows past midline
- Holds head up 45 degrees when on tummy
- Moves both arms and both legs
- Opens hands briefly
- Can kick and grasp
- Maintains a good sleep position

4 mo

Social/Emotional Milestones

- Smiles on his own to get your attention
- Chuckles (not yet a full laugh) when you try to make her laugh
- Looks at you, moves, or makes sounds to get or keep your attention

Language/Communication Milestones

- Makes sounds like “oooo”, “aahh” (cooing)
- Makes sounds back when you talk to him
- Turns head towards the sound of your voice

Cognitive Milestones (learning, thinking, problem-solving)

- If hungry, opens mouth when she sees breast or bottle
- Looks at his hands with interest

Movement/Physical Development Milestones

- No head lag
- Rolls front to back
- Follows past midline
- Lifts chest
- Can put hands together
- Holds head steady without support when you are holding her
- Holds a toy when you put it in his hand
- Uses her arm to swing at toys
- Hands open most of the time
- Brings hands to mouth
- Pushes up onto elbows/forearms when on tummy
- Sleeps on back

6 mo

Social/Emotional Milestones

- Knows familiar people
- Likes to look at self in a mirror
- Laughs

Language/Communication Milestones

- Takes turns making sounds with you
- Blows “raspberries” (sticks tongue out and blows)
- Makes consonant sounds (baba, dada)
- Makes squealing noises
- Turns head towards the sound of your voice

Cognitive Milestones (learning, thinking, problem-solving)

- Puts things in her mouth to explore them
- Reaches to grab a toy he wants
- Transfers cube and turns to side of the bell
- Rakes small objects
- Closes lips to show she doesn't want more food

Movement/Physical Development Milestones

- No head lag
- Rolls from tummy to back, both ways
- Pushes up with straight arms when on tummy
- Leans on hands to support himself when sitting
- Can sit alone
- Bears weight on legs
- Sleeps on back



DEVELOPMENTAL MILESTONES (2 months – 2 years)

9 mo

Social/Emotional Milestones

- Is shy, clingy, or fearful around strangers
- Shows several facial expressions, like happy, sad, angry, and surprised
- Looks when you call their name
- Reacts when you leave (looks, reaches for you, or cries)
- Smiles or laughs when you play peek-a-boo

Language/Communication Milestones

- Makes a lot of different sounds like “mamamama” and “bababababa”
- Lifts arms up to be picked up
- Makes Mama, Dada sounds (non-specific)

Cognitive Milestones (learning, thinking, problem-solving)

- Looks for objects when dropped out of sight (like his spoon or toy)
- Bangs two things together
- Orients to bell (2 stage)
- Waves bye-bye

Movement/Physical Development Milestones

- Gets to a sitting position (8 mos)
- Pulls to stand/Creeps
- Bounces
- Stands holding on to an object
- Can place foot to mouth
- Can grasp thumb finger
- Rolls over both ways
- Moves things from one hand to their other hand
- Uses fingers to “rake” food towards themselves
- Sits without support

1 year

Social/Emotional Milestones

- Plays games with you, like pat-a-cake

Language/Communication Milestones

- Waves “bye-bye”
- Calls a parent “mama” or “dada” or another special name
- Understands “no” (pauses briefly or stops when you say it)
- Orients to name
- Follows with gestures

Cognitive Milestones (learning, thinking, problem-solving)

- Puts something in a container, like a block in a cup
- Looks for things he sees you hide, like a toy under a blanket
- Bangs 2 cubes
- Points to desired objects

Movement/Physical Development Milestones

- Pulls up to stand
- Mature pincer grasp
- Walks holding on or with handheld
- Walks, holding on to furniture
- Walks alone
- Stands alone 2 seconds
- Drinks from a cup without a lid, as you hold it
- Picks things up between thumb and pointer finger, like small bits of food

15 mo

Social/Emotional Milestones

- Copies other children while playing, like taking toys out of a container when another child does
- Shows you an object she likes
- Claps when excited
- Hugs stuffed doll or other toy
- Shows you affection (hugs, cuddles, or kisses you)

Language/Communication Milestones

- Tries to say one or two words besides “mama” or “dada,” like “ba” for ball or “da” for dog
- Looks at a familiar object when you name it
- Follows directions given with both a gesture and words. For example, he gives you a toy when you hold out your hand and say, “Give me the toy.”
- Points to ask for something or to get help
- Orients to name, bell. Says Mama, Dada (specific)
- Understands “no” (pauses briefly or stops when you say it)
- Waves bye-bye

Cognitive Milestones (learning, thinking, problem-solving)

- Tries to use things the right way, like a phone, cup, or book
- Stacks at least two small objects, like blocks

Movement/Physical Development Milestones

- Takes a few steps on his own
- Mature pincer grasp
- Uses fingers to feed herself



DEVELOPMENTAL MILESTONES (2 months – 2 years)

18 mo

Social/Emotional Milestones

- Moves away from you, but looks to make sure you are close by
- Points to show you something interesting
- Puts hands out for you to wash them
- Looks at a few pages in a book with you
- Helps you dress him by pushing arm through sleeve or lifting up foot

Language/Communication Milestones

- Tries to say three or more words besides “mama” or “dada”
- Has 2 word phrases
- Points to 3 body parts
- Names 1 picture
- Removes 1 garment
- Has 10 words
- Follow one-step directions without any gestures, like giving you the toy when you say, “Give it to me.”

Cognitive Milestones (learning, problem-solving)

- Copies you doing chores, like sweeping with a broom
- Plays with toys in a simple way, like pushing a toy car
- Throws ball while standing
- Stacks 3 blocks (16 mos)

Movement/Physical Development Milestones

- Walks without holding on to anyone or anything
- Walks backwards, Scribbles
- Drinks from a cup without a lid and may spill sometimes
- Feeds herself with her fingers
- Tries to use a spoon
- Climbs on and off a couch or chair without help

2 year

Social/Emotional Milestones

- Notices when others are hurt or upset, like pausing or looking sad when someone is crying
- Looks at your face to see how to react in a new situation
- has healthy peer relationships
- Parents know how to set limits
- Parents describe child as happy
- Patient started toilet training

Language/Communication Milestones

- Points to things in a book when you ask, like “Where is the bear?”
- Says at least two words together, like “More milk.”
- Has 20 words
- Uses pronouns
- Points to at least two body parts when you ask him to show you
- Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes
- Speech is 50% intelligible to strangers

Cognitive Milestones (learning, thinking, problem-solving)

- Holds something in one hand while using the other hand; for example, holding a container and taking the lid off
- Tries to use switches, knobs, or buttons on a toy
- Plays with more than one toy at the same time, like putting toy food on a toy plate
- Follows command without gesture
- Points to 7 body parts

- Names 3 animal pictures
- Removes 1 garment (not hat)

Movement/Physical Development Milestones

- Kicks a ball
- Runs without falling
- Jumps in place
- Walks (not climbs) up a few stairs with or without help
- Eats with a spoon
- Feeds self with little spilling