



DEVELOPMENTAL MILESTONES (30 months – 9 years)

30 mo

Social/Emotional Milestones

- Plays next to other children and sometimes plays with them
- Shows you what she can do by saying, "Look at me!"
- Follow simple routines when told, like helping to pick up toys when you say, "It's clean-up time."

Language/Communication Milestones

- Says about 50 words
- Says two or more words together, with one action word, like "Doggie run"
- Name things in a book when you point and ask, "What is this?"
- Says words like "I," "me," or "we"
- Cognitive Milestones (learning, thinking, problem-solving)
- Uses things to pretend, like feeding a block to a doll as if it were food
- Shows simple problem-solving skills, like standing on a small stool to reach something
- Follow two-step instructions like "Put the toy down and close the door."
- Shows he knows at least one color, like pointing to a red crayon when you ask, "Which one is red?"

Movement/Physical Development Milestones

- Uses hands to twist things, like turning door knobs or unscrewing lids

- Takes some clothes off by himself, like loose pants or an open jacket
- Jumps off the ground with both feet
- Turns book pages, one at a time, when you read to her

3 year

Social/Emotional Milestones

- Calms down within 10 minutes after you leave them, like at a childcare drop off
- Notices other children and joins them to play
- Has normal peer relationships
- Has no concerns about behavior
- Parents know how to set limits
- Patient demonstrates ability to share

Language/Communication Milestones

- Talks with you in conversation using at least two back-and-forth exchanges
- Asks "who," "what," "where," or "why" questions, like "Where is mommy/daddy?"
- Says what action is happening in a picture or book when asked, like "running," "eating," or "playing"
- Knows "cold" or "tired" or "hungry"
- Understands "on," "under"
- Says full name, age, sex, when asked
- Talks well enough for others to understand, most of the time (75%)
- Uses 3-word phrases
- Cognitive Milestones (learning, thinking, problem-solving)

- Draws a circle, when you show them how
- Avoids touching hot objects, like a stove, when you warn them
- Follows 2 step commands
- Names 4 animal pictures

Movement/Physical Development Milestones

- Strings items together, like large beads or macaroni
- Puts on some clothes by himself, like loose pants or a jacket
- Uses a fork
- Hops twice
- Broad jump
- Vertical stroke

4 year

Social/Emotional Milestones

- Pretends to be something else during play (teacher, superhero, dog)
- Comforts others who are hurt or sad, like hugging a crying friend
- Avoids danger, like not jumping from tall heights at the playground
- Likes to be a "helper"
- Changes behavior based on where she is (place of worship, library, playground)
- Has normal peer relationships
- Has no concerns about behavior
- Parents know how to set limits
- Patient demonstrates ability to share

Language/Communication Milestones

- Says sentences with four or more words



DEVELOPMENTAL MILESTONES (30 months – 9 years)

- Says some words from a song, story, or nursery rhyme
- Talks about at least one thing that happened during his day, like “I played soccer.”
- Answers simple questions like “What is a coat for?” or “What is a crayon for?”
- Speech is fully understandable
- Gives full names
- Knows “cold”, “tired”, and “hungry”
- Tells age

Cognitive Milestones (learning, thinking, problem-solving)

- Draws a circle, when you show them how
- Draws a cross, when you show them how
- Gives 2 opposites
- Names a few colors of items
- Tells what comes next in a well-known story
- Draws a person with three or more body parts

Movement/Physical Development Milestones

- Catches a large ball most of the time
- Serves himself food or pours water, with adult supervision
- Unbuttons some buttons
- Holds crayon or pencil between fingers and thumb (not a fist)
- Dresses self
- Hops forward
- Stands 5 seconds each foot

5 year

Social/Emotional Milestones

- Follows rules or takes turns when playing games with other children
- Sings, dances, or acts for you
- Does simple chores at home, like matching socks or clearing the table after eating
- Has normal peer relationships
- Has no concerns about behavior
- Parents know how to set limits
- Patient demonstrates ability to share

Language/Communication Milestones

- Tells a story she heard or made up with at least two events. For example, a cat was stuck in a tree and a firefighter saved it
- Answers simple questions about a book or story after you read or tell it to him
- Keeps a conversation going with more than three back-and-forth exchanges
- Uses or recognizes simple rhymes (bat-cat, ball-tall)
- Speech fully understandable

Cognitive Milestones (learning, thinking, problem-solving)

- Counts to 10
- Names some numbers between 1 and 5 when you point to them
- Uses words about time, like “yesterday,” “tomorrow,” “morning,” or “night”
- Uses future verbs
- Pays attention for 5 to 10 minutes during activities. For example, during story time

or making arts and crafts (screen time does not count)

- Writes some letters in their name
- Names some letters when you point to them
- Draws a cross, when you show them how
- Draws a square, when you show them how
- Dresses self
- Puts object ON, UNDER, BEHIND, IN FRONT
- Names 4 colors
- Recognizes letter skips
- Draws person w/ arms and legs (3 parts)
- Knows address
- Gives full name

Movement/Physical Development Milestones

- Buttons some buttons
- Hops on one foot
- Hops forward
- Stands 6 seconds each foot

6-9 year

- doing well in school
- Math and Reading is at grade level
- has good peer relationships
- no parental concerns about behavior or mood
- no problem behaviors
- has close friends
- says address
- has normal sleep habits