

Table 1. Developmental Milestones

Age	Gross Motor	Fine Motor	Self-Help	Problem-solving	Social/Emotional	Receptive Language	Expressive Language
1 month	- Chin up in prone position - Turns head in supine position	Hands fisted near face	Sucks well	- Gazes at black-white objects - Follows face	- Discriminates mother's voice - Cries out of distress	Startles to voice/sound	Throaty noises
2 months	- Chest up in prone position - Head bobs when held in sitting position	- Hands unfisted 50% - Retains rattle if placed in hand - Holds hands together	Opens mouth at sight of breast or bottle	- Visual threat present - Follows large, highly contrasting objects - Recognizes mother	Reciprocal smiling: responds to adult voice and smile	Alerts to voice/sound	- Coos - Social smile (6 weeks) - Vowel-like noises
3 months	- Props on forearms in prone position - Rolls to side	- Hands unfisted 50% - Inspects fingers - Bats at objects	Brings hands to mouth	- Reaches for face - Follows objects in circle (in supine position) - Regards toys	- Expression of disgust (sour taste, loud sound) - Visually follows person who is moving across a room	Regards speaker	- Chuckles - Vocalizes when talked to
4 months	- Sits with trunk support - No head lag when pulled to sit - Props on wrists - Rolls front to back	- Hands held predominately open - Clutches at clothes - Reaches persistently - Plays with rattle	Briefly holds onto breast or bottle	- Mouths objects - Stares longer at novel faces than familiar - Shakes rattle - Reaches for ring/rattle	- Smiles spontaneously at pleasurable sight/sound - Stops crying at parent voice - To and fro alternating vocalizations	- Orients head in direction of a voice - Stops crying to soothing voice	- Laughs out loud - Vocalizes when alone
5 months	- Sits with pelvic support - Rolls back to front - Anterior protection - Sits with arms supporting trunk	- Palmar grasps cube - Transfers objects: hand-mouth-hand - Holds hands together - Reaches/grasps dangling ring	Gums/mouths pureed food	- Turns head to look for dropped spoon - Regards pellet or small cracker	- Recognizes caregiver visually - Forms attachment relationship to caregiver	Begins to respond to name	- Says "Ah-goo" - Razzes, squeals - Expresses anger with sounds other than crying
6 months	- Sits momentarily propped on hands - Pivots in prone - In prone position, bears weight on 1 hand	- Transfers hand-hand - Rakes pellet - Takes second cube and holds on to first - Reaches with one hand	- Feeds self crackers - Places hands on bottle	- Touches reflection and vocalizes - Removes cloth on face - Bangs and shakes toys	Stranger anxiety (familiar versus unfamiliar people)	- Stops momentarily to "no" - Gestures for "up"	- Reduplicative babble with consonants - Listens, then vocalizes when adult stops - Smiles/vocalizes to mirror
7 months	- Bounces when held - Sits without support steadily - Lateral protection - Puts arms out to sides for balance	Radial-palmar grasp	Refuses excess food	- Explores different aspects of toy - Observes cube in each hand - Finds partially hidden object	Looks from object to parent and back when wanting help (eg, with a wind-up toy)	- Looks toward familiar object when named - Attends to music	Increasing variety of syllables
8 months	- Gets into sitting position - Commando crawls - Pulls to sitting/kneeling position	- Bangs spoon after demonstration - Scissor grasp of cube - Takes cube out of cup - Pulls out large peg	- Holds own bottle - Finger feeds Cheerios® or string beans	Seeks object after it falls silently to the floor	- Lets parents know when happy versus upset - Engages in gaze monitoring: adult looks away and child follows adult glance with own eyes	- Responds to "Come here" - Looks for family members, "Where's mama?"... etc	- Says "Dada" (nonspecific) - Echolalia (8 to 30 months) - Shakes head for "no"

(continued)

Table 1. **Developmental Milestones—continued**

Age	Gross Motor	Fine Motor	Self-Help	Problem-solving	Social/Emotional	Receptive Language	Expressive Language
9 months	• “Stands” on feet and hands • Begins creeping • Pulls to stand • Bear walks (all four limbs straight)	• Radial-digital grasp of cube • Bangs two cubes together	• Bites, chews cookie	• Inspects bell • Rings bell • Pulls string to obtain ring	• Uses sounds to get attention • Separation anxiety • Follows a point, “Oh look at...” • Recognizes familiar people visually	• Enjoys gesture games • Orients to name well • Orients to bell	• Says “Mama” (nonspecific) • Nonreduplicative babble • Imitates sounds
10 months	• Creeps well • Cruises around furniture using two hands • Stands with one hand held • Walks with two hands held	• Clumsy release of cube • Inferior pincer grasp of pellet • Isolates index finger and pokes	• Drinks from cup held for child	• Uncovers toy under cloth • Pokes at pellet in bottle • Tries to put cube in cup, but may not be able to let go	• Experiences fear • Looks preferentially when name is called	• Enjoys peek-a-boo • Waves “bye-bye” back	• Says “Dada” (specific) • Waves “bye-bye”
11 months	• Pivots in sitting position • Cruises furniture using one hand • Stands for a few seconds • Walks with one hand held	• Throws objects • Stirs with spoon	• Cooperates with dressing	• Finds toy under cup • Looks at pictures in book	• Gives objects to adult for action after demonstration (lets adult know he or she needs help)	• Stops activity when told “no” • Bounces to music	• Says first word • Vocalizes to songs
12 months	• Stands well with arms high, legs splayed • Posterior protection • Independent steps	• Scribbles after demonstration • Fine pincer grasp of pellet • Holds crayon • Attempts tower of two cubes	• Finger feeds part of meal • Takes off hat	• Rattles spoon in cup • Lifts box lid to find toy	• Shows objects to parent to share interest • Points to get desired object (proto-imperative pointing)	• Follows one-step command with gesture • Recognizes names of two objects and looks when named	• Points to get desired object (proto-imperative pointing) • Uses several gestures with vocalizing (eg, waving, reaching)
13 months	• Walks with arms high and out (high guard)	• Attempts to release pellet in bottle	• Drinks from cup with some spilling	• Dangles ring by string • Reaches around clear barrier to obtain object • Unwraps toy in cloth	• Shows desire to please caregiver • Solitary play • Functional play	• Looks appropriately when asked, “Where’s the ball?”	• Uses three words • Immature jargonizing: inflection without real words
14 months	• Stands without pulling up • Falls by collapse • Walks well	• Imitates back and forth scribble • Adds third cube to a two-cube tower • Puts round peg in and out of hole	• Removes socks/shoes • Chews well • Puts spoon in mouth (turns over)	• Dumps pellet out of bottle after demonstration	• Points at object to express interest (proto-declarative pointing) • Purposeful exploration of toys through trial and error	• Follows one-step command without gesture	• Names one object • Points at object to express interest (proto-declarative pointing)
15 months	• Stoops to pick up toy • Creeps up stairs • Runs stiff-legged • Walks carrying toy • Climbs on furniture	• Builds three- to four-cube tower • Places 10 cubes in cup • Releases pellet into bottle	• Uses spoon with some spilling • Attempts to brush own hair • Fusses to be changed	• Turns pages in book • Places circle in single-shape puzzle	• Shows empathy (someone else cries, child looks sad) • Hugs adult in reciprocation • Recognizes without a demonstration that a toy requires activation; hands it to adult if can’t operate	• Points to one body part • Points to one object of three when named • Gets object from another room upon demand	• Uses three to five words • Mature jargonizing with real words
16 months	• Stands on one foot with slight support • Walks backwards • Walks up stairs with one hand held	• Puts several round pegs in board with urging • Scribbles spontaneously	• Picks up and drinks from cup • Fetches and carries objects (same room)	• Dumps pellet out without demonstration • Finds toy observed to be hidden under layers of covers • Places circle in form board	• Kisses by touching lips to skin • Periodically visually relocates caregiver • Self-conscious; embarrassed when aware of people observing	• Understands simple commands, “Bring to mommy” • Points to one picture when named	• Uses 5 to 10 words

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Age	Gross Motor	Fine Motor	Self-Help	Problem-solving	Social/Emotional	Receptive Language	Expressive Language
18 months	• Creeps down stairs • Runs well • Seats self in small chair • Throws ball while standing	• Makes four-cube tower • Crudely imitates vertical stroke	• Removes garment • Gets onto adult chair unaided • Moves about house without adult	• Matches pairs of objects • Replaces circle in form board after it has been turned around (usually with trial and error)	• Passes M-CHAT • Engages in pretend play with other people (eg, tea party, birthday party) • Begins to show shame (when does wrong) and possessiveness	• Points to two of three objects when named • Points to three body parts • Points to self • Understands "mine" • Points to familiar people when named	• Uses 10 to 25 words • Uses giant words (all gone, stop that) • Imitates environmental sounds (eg, animals) • Names one picture on demand
20 months	• Squats in play • Carries large object • Walks downstairs with one hand held	• Completes round peg board without urging • Makes five- to six-cube tower • Completes square peg board	• Places only edibles in mouth • Feeds self with spoon entire meal	• Deduces location of hidden object • Places square in form board	• Begins to have thoughts about feelings • Engages in tea party with stuffed animals • Kisses with pucker	• Points to three pictures • Begins to understand her/him/me	• Holophrases ("Mommy?" and points to keys, meaning: "These are Mommy's keys.") • Two-word combinations • Answers requests with "no"
22 months	• Walks up stairs holding rail, putting both feet on each step • Kicks ball with demonstration • Walks with one foot on walking board	• Closes box with lid • Imitates vertical line • Imitates circular scribble	• Uses spoon well • Drinks from cup well • Unzips zippers • Puts shoes on partway	• Completes form board	• Watches other children intensely • Begins to show defiant behavior	• Points to four to five pictures when named • Points to five to six body parts • Points to four pieces of clothing when named	• Uses 25 to 50 words • Asks for more • Adds one to two words/week
24 months	• Walks down stairs holding rail, both feet on each step • Kicks ball without demonstration • Throws overhand	• Makes a single-line "train" of cubes • Imitates circle • Imitates horizontal line	• Opens door using knob • Sucks through a straw • Takes off clothes without buttons • Pulls off pants	• Sorts objects • Matches objects to pictures • Shows use of familiar objects	• Parallel play • Begins to mask emotions for social etiquette	• Follows two-step command • Understands me/you • Points to 5 to 10 pictures	• Two-word sentence (noun + verb) • Telegraphic speech • Uses 50+ words • 50% intelligibility • Refers to self by name • Names three pictures
28 months	• Jumps from bottom step with one foot leading • Walks on toes after demonstration • Walks backward 10 steps	• Strings large beads awkwardly • Unscrews jar lid • Turns paper pages (often several at once)	• Holds self and verbalizes toilet needs • Pulls pants up with assistance	• Matches shapes • Matches colors	• Reduction in separation anxiety	• Understands "just one"	• Repeats two digits • Begins to use pronouns (I, me, you) • Names 10 to 15 pictures
30 months	• Walks up stairs with rail, alternating feet • Jumps in place • Stands with both feet on balance beam • Walks with one foot on balance beam	• Makes eight-cube tower • Makes a "train" of cubes and includes a stack	• Washes hands • Puts things away • Brushes teeth with assistance	• Replaces circle in form board after it has been turned around (little or no trial and error) • Points to small details in pictures	• Imitates adult activities (eg, sweeping, talking on phone)	• Follows two prepositions: "put block in . . . on box" • Understands actions words: "playing . . . washing . . . blowing"	• Echolalia and jargonizing gone • Names objects by use • Refers to self with correct pronoun • Recites parts of well-known story/fills in words
33 months	• Walks swinging arms opposite of legs (synchronous gait)	• Makes 9- to 10-cube tower • Puts six square pegs in pegboard • Imitates cross	• Toilet trained • Puts on coat unassisted	• Points to self in photos • Points to body parts based on function ("What do you hear with?")	• Begins to take turns • Tries to help with household tasks	• Understands three prepositions • Understands dirty, wet • Points to objects by use: "ride in . . . put on feet . . . write with"	• Gives first and last name • Counts to 3 • Begins to use past tense • Enjoys being read to (short books)

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3 years	- Balances on one foot for 3 seconds - Goes up stairs, alternating feet, no rail - Pedals tricycle - Walks heel to toe - Catches ball with stiff arms	- Copies circle - Cuts with scissors: side-to-side (awkwardly) - Strings small beads well - Imitates bridge of cubes	- Independent eating - Pours liquid from one container to another - Puts on shoes without laces - Unbuttons	- Draws a two- to three-part person - Understands long/short, big/small, more/less - Knows own gender - Knows own age - Matches letters/numerals	- Starts to share with/without prompt - Fears imaginary things - Imaginative play - Uses words to describe what someone else is thinking ("Mom thought I was asleep")	- Points to parts of pictures (nose of cow, door of car) - Names body parts with function - Understands negatives - Groups objects (foods, toys)	- Uses 200+ words - Three-word sentences - Uses pronouns correctly 75% intelligibility - Uses plurals - Names body parts by use - Asks to be read to
4 years	- Balances on one foot 4 to 8 seconds - Hops on one foot two to three times - Standing broad jump: 1 to 2 feet - Gallops - Throws ball overhand 10 feet - Catches bounced ball (4½ yrs)	- Copies square - Ties single knot - Cuts 5-inch circle - Uses tongs to transfer - Writes part of first name - Imitates gate with cubes	- Goes to toilet alone - Wipes after bowel movement - Washes face/hands - Brushes teeth alone - Buttons - Uses fork well	- Draws a four- to six-part person - Can give amounts (usually less than 5) correctly - Simple analogies: - dad/boy; mother/??? - ice/cold: fire/??? - ceiling/up: floor/??? - Points to five to six colors - Points to letters/numerals when named - Rote counts to 4 "Reads" several common signs/store names	- Deception: interested in "tricking" others and concerned about being tricked by others - Has a preferred friend - Labels happiness, sadness, fear, and anger in self - Group play	- Follows three-step commands - Points to things that are the same versus different - Names things when actions are described (eg, swims in water, you cut with it, it's something you read, it tells time . . .) - Understands adjectives: bushy, long, thin, pointed	- Uses 300 to 1,000 words - Tells stories 100% intelligibility - Uses "feeling" words - Uses words that tell about time
5 years	- Walks down stairs with rail, alternating feet - Balances on one foot >8 seconds - Hops on one foot 15 times - Skips - Running broad jump 2 to 3 feet - Walks backward heel-toe - Jumps backward	- Copies triangle - Puts paper clip on paper - Can use clothespins to transfer small objects - Cuts with scissors - Writes first name - Builds stairs from model	- Spreads with knife - Independent dressing - Bathes independently	- Draws an 8- to 10-part person - Gives amounts (<10) - Identifies coins - Names letters/numerals out of order - Rote counts to 10 - Names 10 colors - Uses letter names as sounds to invent spelling - Knows sounds of consonants and short vowels by end of kindergarten - Reads 25 words	- Has group of friends - Apologizes for mistakes - Responds verbally to good fortune of others	- Knows right and left on self - Points to different one in a series - Understands "er" endings (eg, batter, skater) - Understands adjectives: busy, long, thin, pointed - Enjoys rhyming words and alliterations - Produces words that rhyme - Points correctly to "side," "middle," "corner"	- Repeats six- to eight-word sentence - Defines simple words - Uses 2,000 words - Knows telephone number - Responds to "why" questions - Retells story with clear beginning, middle, end
6 years	Tandem walks	- Builds stairs from memory - Draws diamond - Writes first and last name - Creates and writes short sentences - Forms letters with down-going and counterclockwise strokes - Copies flag	- Ties shoes - Combs hair - Looks both ways at street - Remembers to bring belongings	- Draws a 12- to 14-part person - Number concepts to 20 - Simple addition/subtraction - Understands seasons - Sounds out regularly spelled words - Reads 250 words by end of first grade	- Has best friend of same sex - Plays board games - Distinguishes fantasy from reality - Wants to be like friends and please them - Enjoys school	- Asks what unfamiliar words mean - Can tell which words do not belong in a group	- Repeats 8- to 10-word sentences - Describes events in order - Knows days of the week 10,000 word vocabulary

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