

DEVELOPMENTAL MILESTONES

Age (in months)	Physical	Sensory/Cognitive
1	Reflex movement Brings hands to face Lifts head briefly	Hearing is mature Focuses @ 8-12"
2	Lifts head Hands in fist	Smiles Tracks with eyes "Ah" & "Ooh" sounds
3	Turns prone to side Sits with support Brings hands together Wiggles/kicks in supine Reaches for objects Grasps/shakes toys Opens/shuts hand Pushes down w/LE when feet are on ground	Cries to communicate hunger, fear, discomfort Anticipates being lifted Turns toward colors
4	Turns prone to supine Supports upper body with arms in prone Holds head erect	Makes consonant sounds Laughs
5	Turns supine to prone Plays with toes	
6	Reaches/grasps objects Helps hold bottle Moves toys between hands Pulls up to sit Sits with UE support Rolls over Bounces in standing	Opens mouth for spoon Babbles Laughs Smiles in mirror Knows familiar faces Plays "peek-a-boo"
8	Pulls to stand Sits without support Explores with hands & mouth Raking grasp	Fear of strangers Responds to expressions Tracks moving objects
9	Cruises along furniture Well-developed crawl	Drinks from cup Attempts to feed self Looks for hidden objects
12	Walks alone or 1 hand held Falls frequently when walking Points with 1 finger Pulls off socks Crawl forward on belly Creeps on hand/knees Assumes quadruped	Drinks well from cup Apprehensive with strangers Cries when parent leaves Says "dada" & "mama" Responds to music with motion
18	Turns pages in a book Carries a stuffed animal or doll Stacks 2 blocks Pulls off hat, socks,	Looks for hidden objects Follows 1-step directions 8-10 word vocabulary

	mittens Scribbles with crayons Runs clumsily Jumps in place	Points/asks for things
24	Picks up toys without falling Takes steps backward Walks up steps with help Kicks a ball Pulls toy when walking Scribbles Climbs on furniture Tosses/rolls a ball Feeds self with spoon	2- to 3-word sentences Imitates parents Treats doll stuffed animal as if live Points to body parts when asked Enjoys looking at a book repeatedly Sometimes gets angry
36 (3 y.o.)	Climbs Walks up/down stairs with alternating feet Runs Pedals a tricycle Bends down without falling Turns 1 page @ a time Holds pencil correctly Opens/closes jars Stacks 6 blocks Rotates handles	Follows 2- to 3-step commands Uses 4- to 5-word sentences Expresses affection Separates from parents Sorts by color/shape Pretends Plays with mechanical toys Takes turns
48 (4 y.o.)	Hops on 1 foot Throws ball overhand Catches/bounces ball Uses scissors Draws circles/squares Copies some letters Dresses/undresses	Names colors Starts counting Begins problem-solving Imagines monsters Negotiates solutions to conflict
60 (5 y.o.)	Stands on 1 foot x 10 seconds Somersaults Swings & climbs May skip Draws a person Prints some numbers Uses fork & spoon Cares for toilet needs	Counts to 10 Knows 4 colors Sentences= 5 words Develops friendships Agrees to rules Sings & dances Aware of gender Expresses emotions

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