



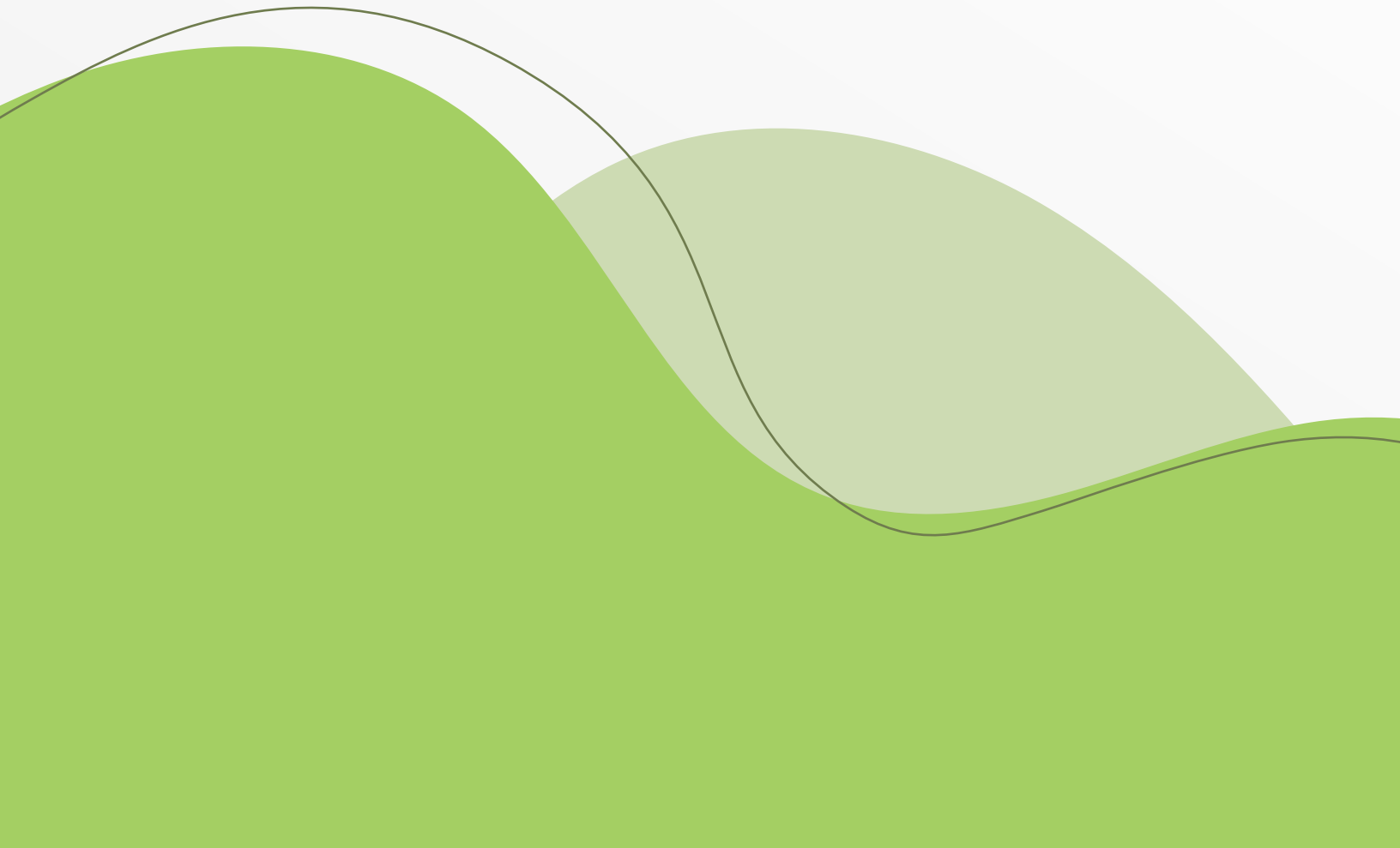
Milestone Checklist

Milestones are key to tracking if a child is developing as expected. How your child reacts to your voice, plays, moves, and speaks are indications of their development.

Tips to track your child's milestones effectively:

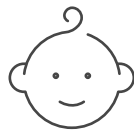
1. Familiarize yourself with typical milestones.
2. Observe your child and document progress with notes, pictures or videos.
3. Be patient and supportive by encouraging your child's growth with activities.
4. Communicate with your pediatrician during well-child visits, and seek early intervention if needed.

Here's a checklist that provides the main milestones your child should reach from 2 months to 5 years of age.





At 2 months:



Social/Emotional Milestones are:

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



Language/Communication Milestones are:

- Makes sounds other than crying
- Reacts to loud sounds



Cognitive (learning, thinking, problem-solving) Milestones are:

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



Movement/Physical Development Milestones are:

- Holds head up when on tummy
- Moves both arms and both legs
- Opens hands briefly



At 4 months:



Social/Emotional Milestones are:

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



Cognitive (learning, thinking, problem-solving) Milestones are:

- If hungry, they open their mouth when they see breasts or bottles
- Looks at their hands with interest



Language/Communication Milestones are:

- Makes sounds like "ooo", "aahh" (cooing)
- Makes sounds back when you talk to them
- Turns head towards the sound of your voice



Movement/Physical Development Milestones are:

- Holds head steady without support when you are holding them.
- Holds a toy when you put it in their hands
- Uses arm to swing at toys
- Brings hands to mouth
- Pushes up onto elbows/forearms when on tummy

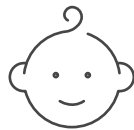
Things I want to remember in my well-child visit:

Make sure to share with the doctor:

1. Was your baby born prematurely?
2. What was their weight at birth?
3. Do you have any concerns about their development?
4. Has there been regression or lost skills?
5. Does your baby have a favorite activity or game?



At 6 months:



Social/Emotional Milestones are:

- Knows and recognizes familiar people
- Likes to look at themselves in a mirror
- Laughs



Cognitive (learning, thinking, problem-solving) Milestones are:

- Puts things in their mouth to explore them
- Reaches out to grab a toy they want
- Closes lips to show they don't want more food



Language/Communication Milestones are:

- Takes turns making sounds with you
- Blows "raspberries" (sticks tongue out and blows)
- Makes squealing noises



Movement/Physical Development Milestones are:

- Rolls from tummy to back
- Pushes up with straight arms when on tummy
- Leans on hands to support themselves when sitting

Things I want to remember in my well-child visit:

Make sure to share with the doctor:

1. Was your baby born prematurely?
2. What was their weight at birth?
3. Do you have any concerns about their development?
4. Has there been regression or lost skills?
5. Does your baby have a favorite activity or game?



At 9 months:



Social/Emotional Milestones are:

- 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



Cognitive (learning, thinking, problem-solving) Milestones are:

- Looks for objects when dropped out of sight (like their spoon or toy)
- Bangs two things together



Language/Communication Milestones are:

- Makes different sounds like "mamamamama" and "bababababa"
- Lifts arms up to be picked up



Movement/Physical Development Milestones are:

- Gets to a sitting position by themselves
- Moves things from one hand to the other
- Uses fingers to "rake" food toward themselves
- Sits without support

At 9 months your baby is due for general developmental screening, as recommended by the American Academy of Pediatrics.



At 12 months:



Social/Emotional Milestones are:

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



Cognitive (learning, thinking, problem-solving) Milestones are:

- Puts something in a container, like a block in a cup
- Looks for things they see you hide, like a toy under the blanket



Language/Communication Milestones are:

- Waves "bye-bye"
- Calls a parent "mama" or "dada" or another special name
- Understands "no" (pauses briefly or stops when you say it)



Movement/Physical Development Milestones are:

- Pulls up to stand
- Walks, holding on to furniture
- Drinks from a cup without a lid, as you hold it
- Picks things up between thumb and pointer finger, like small bits of food

Things I want to remember in my well-child visit:

Make sure to share with the doctor:

1. Was your baby born prematurely?
2. What was their weight at birth?
3. Do you have any concerns about their development?
4. Has there been regression or lost skills?
5. Does your baby have a favorite activity or game?



At 15 months:



Social/Emotional Milestones are:

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



Cognitive (learning, thinking, problem-solving) Milestones are:

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



Language/Communication Milestones are:

- 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, they give you a toy when you hold out your hand and say, "Give me the toy."
- Points to ask for something or to get help

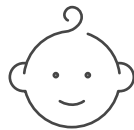


Movement/Physical Development Milestones are:

- Takes a few steps on their own
- Uses fingers to feed themselves some food



At 18 months:



Social/Emotional Milestones are:

- 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 themselves by pushing arm through sleeve or lifting a foot



Cognitive (learning, thinking, problem-solving) Milestones are:

- Copies you doing chores, like sweeping with a broom
- Plays with toys in a simple way, like pushing a toy car



Language/Communication Milestones are:

- Tries to say three or more words besides "mama" or "dada"
- Follows one-step directions without any gestures, like giving you the toy when you say, "Give it to me."



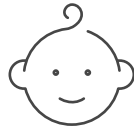
Movement/Physical Development Milestones are:

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

At 18 months your child is due for general developmental screening, as recommended by the American Academy of Pediatrics.



At 2 years old:



Social/Emotional Milestones are:

- 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



Cognitive (learning, thinking, problem-solving) Milestones are:

- 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



Language/Communication Milestones are:

- Points to things in a book when you ask, like "Where is the bear?"
- Says at least two words together, like "More milk."
- Points to at least two body parts when you ask them to show you
- Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes



Movement/Physical Development Milestones are:

- Kicks a ball
- Runs
- Walks (not climbs) up a few stairs with or without help
- Eats with a spoon

At 2 years old your child is due for general developmental screening, as recommended by the American Academy of Pediatrics.



At 30 months:



Social/Emotional Milestones are:

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



Cognitive (learning, thinking, problem-solving) Milestones are:

- 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
- Follows 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?"



Language/Communication Milestones are:

- Says about 50 words
- Says two or more words together, with one action word, like "Doggie run"
- Names things in a book when you point and ask, "What is this?"
- Says words like "I," "me," or "we"



Movement/Physical Development Milestones are:

- Uses hands to twist things, like turning doorknobs 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

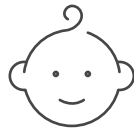
Things I want to remember in my well-child visit:

Make sure to share with the doctor:

1. Was your child born prematurely?
2. What was their weight at birth?
3. Do you have any concerns about their development?
4. Has there been regression or lost skills?
5. Does your child have a favorite activity or game?



At 3 years old:



Social/Emotional Milestones are:

- Calms down within 10 minutes after you leave them, like at a childcare drop off
- Notices other children and joins them to play



Cognitive (learning, thinking, problem-solving) Milestones are:

- Draws a circle when you show them how
- Avoids touching hot objects, like a stove, when you warn them



Language/Communication Milestones are:

- 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"
- Says first name, when asked
- Talks well enough for others to understand, most of the time



Movement/Physical Development Milestones are:

- Strings items together, like large beads or macaroni
- Puts on some clothes by themselves, like loose pants or a jacket
- Uses a fork



At 4 years old:



Social/Emotional Milestones are:

- Pretends to be something else during play (teacher, superhero, dog)
- Asks to go play with children if none are around, like "Can I play with Alex?"
- 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 they are (place of worship, library, playground)



Cognitive (learning, thinking, problem-solving) Milestones are:

- Names a few colors of items
- Tells what comes next in a well-known story
- Draws a person with three or more body parts



Language/Communication Milestones are:

- Says sentences with four or more words
- Says some words from a song, story, or nursery rhyme
- Talks about at least one thing that happened during their day, like "I played soccer."
- Answers simple questions like "What is a coat for?" or "What is a crayon for?"

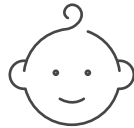


Movement/Physical Development Milestones are:

- Catches a large ball most of the time
- Serve themselves food or pours water, with adult supervision
- Unbuttons some buttons
- Holds crayon or pencil between fingers and thumb, not a fist



At 5 years old:



Social/Emotional Milestones are:

- 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



Cognitive (learning, thinking, problem-solving) Milestones are:

- 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"
- 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



Language/Communication Milestones are:

- Tell a story they 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)



Movement/Physical Development Milestones are:

- Buttons some buttons
- Hops on one foot



We hope this document is of use and that it will help you celebrate your child's milestones or identify when and if they need stimulation or to see a specialist.

