



DEVELOPMENTAL MILESTONES

	PHYSICAL	COGNITIVE	COMMUNICATION	SOCIAL-EMOTIONAL
2 MONTHS	<ul style="list-style-type: none">holds head up when on tummymoves both arms and both legsopens hands briefly	<ul style="list-style-type: none">watches you as you moveLooks at a toy for several seconds	<ul style="list-style-type: none">makes sounds other than cryingreacts to loud sounds	<ul style="list-style-type: none">calms down when spoken to or picked uplooks at your faceseems happy to see yousmiles when you talk to or smile at them
4 MONTHS	<ul style="list-style-type: none">holds head steady without support when you are holding thembrings hands to mouthholds a toy when you put it in their handuses their arm to swing at toyspushes up onto elbows/forearms when on tummy	<ul style="list-style-type: none">if hungry, opens mouth when they see breast or bottlelooks at their hands with interest	<ul style="list-style-type: none">makes sounds like "oooo", "aahh" (cooing)makes sounds back when you talk to themturns head towards the sound of your voice	<ul style="list-style-type: none">smiles on their own to get your attentionchuckles (not yet a full laugh) when you try to make them laughlooks at you, moves, or makes sounds to get or keep your attention
6 MONTHS	<ul style="list-style-type: none">rolls from tummy to backpushes up with straight arms when on tummyleans on hands to support themselves when sitting	<ul style="list-style-type: none">puts things in their mouth to explore themreaches to grab a toy they wantcloses lips to show they don't want more food	<ul style="list-style-type: none">takes turns making sounds with youblows "raspberries" (sticks tongue out and blows)makes squealing noises	<ul style="list-style-type: none">knows familiar peoplelikes to look at self in a mirrorlaughs
9 MONTHS	<ul style="list-style-type: none">gets to a sitting position by themselvesmoves things from one hand to other handuses fingers to "rake" food toward themselvessits without support	<ul style="list-style-type: none">looks for objects when dropped out of sight (like spoon or toy)bangs two things together	<ul style="list-style-type: none">makes a lot of different sounds like "mamamama" and "bababababa"lifts arms up to be picked up	<ul style="list-style-type: none">is shy, clingy, or fearful around strangersshows several facial expressions, like happy, sad, angry, and surprisedlooks when you call their namereacts when you leave (looks, reaches for you, or cries)smiles or laughs when you play peek-a-boo
1 YEAR	<ul style="list-style-type: none">pulls up to standwalks, holding on to furnituredrinks from a cup without a lid, as you hold itpick things up between thumb and pointer finger, like small bits of food	<ul style="list-style-type: none">puts something in a container, like a block in a cuplooks for things they see you hide, like a toy under a blanket	<ul style="list-style-type: none">waves "bye-bye"calls a parent "mama" or "dada" or another special nameunderstand "no" (pauses briefly or stops when you say it)	<ul style="list-style-type: none">plays games with you, like "pat-a-cake"
15 MONTHS	<ul style="list-style-type: none">takes a few steps on their ownuses fingers to feed themselves food	<ul style="list-style-type: none">tries to use things the right way, like a phone, cup or bookstacks at least two small objects, like blocks	<ul style="list-style-type: none">tries to say one or two words besides "mama" or "dada," like "ba" for ball or "da" for doglooks at familiar object when you name itfollows directions given with both a gesture and wordspoints to ask for something or to get help	<ul style="list-style-type: none">copies other children while playing, like taking toys out of a container when another child doesshows you an object they likeclaps when excitedhugs stuffed doll or other toyshows you affection (hugs, cuddles, or kisses you)

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1.5 YEARS	<ul style="list-style-type: none"> walks without holding on to anyone or anything scribbles drinks from a cup without a lid and may spill sometimes feeds themselves with their fingers tries to use a spoon climbs on and off a couch or chair without help 	<ul style="list-style-type: none"> copies you doing chores, like sweeping with a broom plays with toys in a simple way, like pushing a toy car 	<ul style="list-style-type: none"> tries to say three or more words beside “mama” or “dada” follows one-step directions without any gestures, like giving you the toy when you say, “Give it to me” 	<ul style="list-style-type: none"> 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 them by pushing arm through sleeve or lifting foot
2 YEARS	<ul style="list-style-type: none"> kicks a ball runs walks (not climbs) up a few stairs with or without help eats with a spoon 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 him to show you uses more gestures than just waving and pointing, like blowing a kiss or nodding yes 	<ul style="list-style-type: none"> notices when others are hurt or upset, like pausing or looking sad when someone is crying looks at your face to see how you react in a new situation
30 MONTHS	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 they know at least one color, like pointing to a red crayon when you ask, “Which one is red?” 	<ul style="list-style-type: none"> 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” 	<ul style="list-style-type: none"> 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.”
3 YEARS	<ul style="list-style-type: none"> strings items together, like large beads or macaroni puts on some clothes by themselves, like loose pants or a jacket uses a fork 	<ul style="list-style-type: none"> draws a circle, when you show them how avoids touching hot objects, like a stove, when you warn them 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> calms down within 10 minutes after you leave them, like at a childcare drop off notices other children and joins them to play

Source: Center for Disease Control and Prevention, Developmental Milestones, <http://www.cdc.gov/ncbddd/actearly/milestones/>