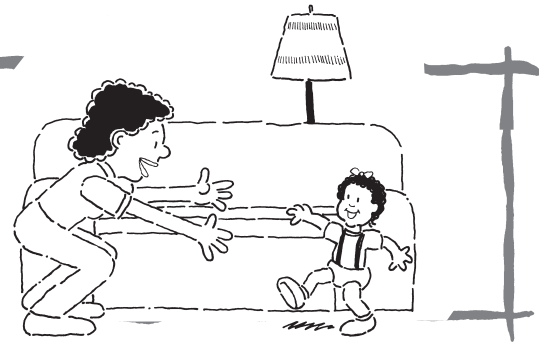


Your Child's Growth: Developmental Milestones



Watching a young child grow is a wonderful and unique experience for a parent. Learning to sit up, walk, and talk are some of the major developmental milestones your child will achieve.

Although no two children develop at the same rate, they should be able to do certain things at certain ages. This list of milestones by age is a good way to see how your child is doing. Keep in mind that a “No” answer to any of these questions does not mean that there is a problem. However, if you see large differences between your child and what is listed here, talk with your pediatrician.

3 Months

- When your baby is lying on his back, does he move both arms equally well? Check “No” if your baby uses only one arm all the time.
 Yes No
- Does your baby make sounds such as gurgling, cooing, babbling, or other noises besides crying?
 Yes No
- Does your baby respond to your voice?
 Yes No
- Are your baby's hands frequently open?
 Yes No
- Can your baby hold his head up for a few seconds when held upright?
 Yes No

6 Months

- Does your baby play with her hands by touching them together?
 Yes No
- Does your baby turn her head to sounds coming from a different room?
 Yes No
- Can your baby roll over from stomach to back or from back to stomach?
 Yes No
- When you hold your baby under her arms, does she seem like she's trying to stand?
 Yes No
- When your baby is on her stomach, does she try to push up with her hands?
 Yes No
- Does your baby see small objects, like crumbs?
 Yes No
- Does your baby produce a string of sounds?
 Yes No
- Does she react to the emotions of others?
 Yes No

- Does your baby relax when you read her a story?
 Yes No
- Does your baby like looking at herself in a mirror?
 Yes No
- Does your baby reach for you?
 Yes No

9 Months

- When you come up quietly behind your baby, does he sometimes turn his head as though he hears you? (Only check “Yes” if you have seen him respond to quiet sounds or whispers.)
 Yes No
- Can your baby sit without support and without holding up his body with his hands?
 Yes No
- Does your baby crawl or creep on his hands and knees?
 Yes No
- Does your baby hold his bottle?
 Yes No
- Does your baby drop or throw toys on purpose?
 Yes No
- Does he bang and shake his toys?
 Yes No
- When you show your baby a book, does he get excited and try to grab and taste it?
 Yes No
- Is your baby wary of people he doesn't know?
 Yes No
- Does your baby make sounds that use vowels and consonants?
 Yes No

12 Months

- Does your baby like to play peekaboo?
 Yes No
- Does your baby pull up to stand?
 Yes No
- Does your baby walk holding on to furniture?
 Yes No
- Does your baby say at least one word other than “ma-ma” or “da-da”?
 Yes No

- Does your baby turn her head in the direction of where a sound is made?
 Yes No
- Does your baby copy familiar behaviors, like using a cup or telephone?
 Yes No
- Does your baby turn her books face up, but turn several pages at once?
 Yes No
- Does your baby look for and find toys?
 Yes No
- Does your baby like to explore objects and spaces?
 Yes No

18 Months

- Can your child use a cup without spilling?
 Yes No
- Can your child walk across a large room without falling or wobbling from side to side?
 Yes No
- Can your child take off his own shoes?
 Yes No
- Can your child feed himself?
 Yes No
- Does your child clearly look to you in stressful situations?
 Yes No
- Does your child have temper tantrums?
 Yes No
- Does your child say at least 4 to 10 words?
 Yes No
- Can your child point to pictures that you name in a book?
 Yes No
- Does your child pretend to talk?
 Yes No

2 Years

- Can your child say things like “all gone,” “go bye-bye,” or other 2-word sentences?
 Yes No
- Does your child say about 50 words?
 Yes No
- Can your child take off her own clothes? (Diapers, hats, and socks do not count.)
 Yes No
- Can your child run without falling? (Occasional falls do not count.)
 Yes No
- Does your child look at pictures in a book?
 Yes No
- Does your child pretend to read to you?
 Yes No
- Does your child tell you what she wants?
 Yes No
- Does your child repeat words others say?
 Yes No

- Can your child point to at least one named body part?
 Yes No
- Does your child like to play with or around other children?
 Yes No
- Does your child show increasing independence, wanting to do things her way?
 Yes No
- Does your child like to collect or hoard things?
 Yes No

3 Years

- Can your child name at least one picture when you look at animal books together?
 Yes No
- Does your child enjoy sitting together for at least 5 minutes for story time?
 Yes No
- Can your child answer “what” questions about the story that you have just read together?
 Yes No
- Can your child throw a ball overhand from a distance of 5 feet?
 Yes No
- Is your child easily understood by most adults?
 Yes No
- Does your child help put things away?
 Yes No
- Can your child answer the question, “Are you a boy or girl?”
 Yes No
- Can your child name at least one color?
 Yes No
- Does your child talk in 3-word sentences most of the time?
 Yes No

4 Years

- Can your child pedal a tricycle at least 10 feet forward?
 Yes No
- Does your child play hide-and-seek, cops-and-robbers, or other games where he takes turns and follows rules?
 Yes No
- Does your child turn paper pages in a book one at a time?
 Yes No
- Does your child retell stories that are familiar?
 Yes No
- Can your child tell you what action is taking place in a picture?
 Yes No
- Does your child use action words (verbs)?
 Yes No
- Does your child play pretend games, such as with toys, dolls, animals, or even an imaginary friend?
 Yes No
- Can your child copy a circle?
 Yes No

- Does your child pretend to write, making marks on a page that only he can read?
 Yes No
- Does your child use 4- or 5-word sentences?
 Yes No

5 Years

- Can your child button her clothing or her doll's clothes?
 Yes No
- Does your child react well when you leave her with a friend or sitter?
 Yes No
- Can your child name at least 3 colors?
 Yes No
- Can your child walk down stairs alternating her feet?
 Yes No
- Can your child jump with her feet apart?
 Yes No
- Can your child point while counting at least 3 different objects?
 Yes No
- Can your child name a coin correctly?
 Yes No
- Can your child sit and listen to a 10- to 20-minute story?
 Yes No
- Can your child copy a square?
 Yes No
- Can your child name at least some letters of the alphabet when she sees them?
 Yes No
- Can your child identify and print the first letter in her name?
 Yes No
- Can your child recognize and name several single numbers?
 Yes No
- Does your child recognize common street and store signs (eg, "Stop," "Open")?
 Yes No

6 Years

- Can your child tie his shoes?
 Yes No
- Can your child dress himself without help?
 Yes No
- Can your child catch a small bouncing ball? (Large balls do not count.)
 Yes No

- Can your child skip?
 Yes No
- Can your child tell his age?
 Yes No
- Can your child repeat at least 4 numbers in the proper sequence?
 Yes No
- Can your child recognize and name at least 10 letters in the alphabet?
 Yes No
- Does your child know the sounds of most letters of the alphabet?
 Yes No
- Can your child recognize and read 15 or more common words?
 Yes No
- Can your child copy a few simple words from a book?
 Yes No

Remember, these milestones are an aid, not a test. If you have any questions or concerns about your child, talk with your pediatrician. If there is a problem, early treatment is important.

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From your doctor

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