



Children's Health

Developmental Milestones

WHAT YOU SHOULD LOOK FOR

Don't worry if your child doesn't fit exactly within this guideline. Each child develops differently.

AT 1 MONTH:

- responds to sounds with blinking, crying, a change in breathing pattern or by showing a startled response
- lifts head momentarily when lying down
- sleeps for three to four hours at a time and stays awake for one or more hours at a stretch
- crying stops when the child is spoken to or held

AT 2-3 MONTHS:

- coos and responds to talking with vocal noises
- becomes interested in visual and audible stimuli
- responds to parents' voices and faces
- when lying down, the child lifts her head, neck and upper chest with the support of the forearms

AT 4-5 MONTHS:

- when in a prone position, the child holds head erect and raises his body with his hands
- reaches for and bats at objects
- head control is greatly improved
- mobiles are of great interest
- a social smile is spontaneous
- able to fall asleep without a bottle or breast-feeding (self-comforting)

AT 6-8 MONTHS:

- develops consonant-based sounds (baba, dada, mama)
- rolls over on her own
- when sitting, holds head up on her own
- stands in place with help
- grasps and mouths objects and starts to self-feed
- transfers small objects from one hand to another
- may begin to show anxiety with strangers
- first tooth erupts

AT 9-11 MONTHS:

- responds to own name
- understands words, such as no and bye-bye
- imitates adult vocal sounds
- plays interactive games, such as peek-a-boo and pat-a-cake
- crawls, creeps and moves forward by scooting his bottom
- shakes, bangs, drops and throws objects
- self-feeds with fingers
- begins to use a cup
- occasionally experiences anxiety with strangers

AT 1 YEAR:

- bangs blocks together
- plays social games
- has a one- to three-word vocabulary
- imitates vocalizations
- pulls to a stand and may take a few steps alone
- drinks from a cup
- looks for dropped or hidden objects
- waves goodbye

AT 15-18 MONTHS:

- points to one or more body parts
- understands simple commands
- has a 15- to 20-word vocabulary
- names objects and pictures during reading
- follows simple directions

AT 2 YEARS:

- climbs stairs, one step at a time
- can kick a ball
- is able to stack blocks
- follows two-step commands

AT 3 YEARS:

- can balance on one foot
- is able to jump in place
- knows his name, age and gender
- is able to draw a circle and a cross
- eats and dresses by himself with supervision

AT 4 YEARS:

- sings songs
- has gender awareness
- understands the difference between fantasy and reality
- knows her first and last names
- verbalizes daily activities and experiences
- can build a block tower up to 10 blocks high
- is able to hop
- is able to throw a ball overhand

AT 5 YEARS:

- dresses without help
- has his address and telephone number memorized
- counts on his fingers
- is able to draw triangles and squares
- draws a person with a head, body, arms and legs
- can print some letters
- plays dress-up and make-believe

AT 6-7 YEARS:

- all the consonants and vowels should be mastered
- vocabulary comprehension is about 20,000 words
- the concept of time should be understood
- the alphabet and one-syllable words can be printed
- can read approximately 10 words
- can count to 100

AT AGE 8 AND ABOVE:

- reading skills will emerge and improve during the early school years
- friendships will become important and long lasting during the school years
- physical growth begins to increase rapidly between ages 10 and 12
- independence from family begins around age 10