

Milestones at 2 Months

From birth to 5 years, your child should reach milestones in how s/he plays, learns, speaks, acts and moves. Check the milestones your child has reached. Talk to your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What most babies do by this age:

- Calms down when spoken to or picked up
- Looks at your face
- Watches you as you move
- Looks at a toy for several seconds
- Makes sounds other than crying
- Reacts to loud sounds
- Holds head up when on tummy
- Moves both arms and both legs
- Opens hands briefly
- Seems happy to see you when you walk up to him/her
- Smiles when you talk to or smile at him/her

You know your child best.

You already have what it takes to help your child learn and grow. Easterseals has the tools you can use to learn more, track your child's progress and act early if you have a concern.

Use our free, online questionnaire to measure and keep track of your child's development and alert you to any concerns. It takes about 10 minutes to complete and can be repeated as your child grows. Visit <https://bit.ly/ASQ3tool>

Trust your instincts. If you are concerned about your child's development, don't wait.

Talk with your child's doctor about your concerns. Ask the doctor for a referral to a specialist who can do a more in-depth evaluation of your child.

You can also **request a free evaluation** to find out if your child qualifies for birth to 3 services. Call the CONNECT helpline at 1-800-692-7288 to be connected to your county Early Intervention program.

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Milestones at 4 Months

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What most babies do by this age:

- Looks at you, moves or makes sounds to get or keep your attention
- Smiles on his/her own to get your attention
- Chuckles (not a full laugh yet) when you try to make him/her laugh
- Makes sounds like "ooo" and "aahh" (cooing)
- Makes sounds back when you talk to him/her
- Turns head toward the sound of your voice
- Looks at his/her hands with interest
- If hungry, opens mouth when he/she sees breast or bottle
- Holds head steady without support when held
- Holds a toy when put into his/her hands
- Uses arm to swing at toys
- Brings hand to mouth
- Pushes up onto elbows/forearms when on tummy

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Milestones at 6 Months

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What most babies do by this age:

- Likes to look at himself in a mirror
- Puts things in her mouth to explore them
- Laughs
- Knows familiar people
- Takes turns making sounds with you
- Blows "raspberries" (sticks tongue out and blows)
- Makes squealing sounds
- Reaches to grab a toy s/he wants
- Closes lips to show s/he doesn't want more food
- Rolls from tummy to back
- Pushes up with straight arms when on tummy
- Leans on hands to support himself when sitting

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Milestones at 9 months

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What most babies do by this age:

- Gets to a sitting position by herself
- Moves things from one hand to the other hand
- Uses fingers to rake food toward himself
- Sits without support
- Looks for objects when dropped out of sight (like a toy or spoon)
- Bangs two things together
- Is shy, clingy or fearful around strangers
- Shows several facial expressions (like happy, sad, angry, surprised)
- Looks when you call her name
- Reacts when you leave (looks, reaches for you, cries)
- Smiles or laughs when you play peek-a-boo
- Lifts arms up to be picked up
- Makes different sounds like "mamamama" and "babababa"

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Milestones at 12 months

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What most babies do by this age:

- Plays games with you like pat-a-cake
- Waves bye-bye
- Calls a parent "mama" or "dada" or other special name
- Understands "no" (pauses briefly or stops when you say it)
- Puts something in a container, like a block in a cup
- Looks for things she sees you hide, like a toy under a blanket
- Pulls up to stand
- Walks, holding on to furniture
- Picks things up between thumb and pointer finger, like bits of food
- Drinks from a cup without a lid as you hold it

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Milestones at 15 months

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What most children do by this age:

- Copies other children while playing, like taking toys out of a container when another child does
- Shows you an object he likes
- Claps when excited
- Hugs a stuffed doll or other toy
- Shows affection (hugs, cuddles, or kisses you)
- Tries to use things the right way like a phone, cup or book
- Stacks at least two small objects, like blocks
- Takes a few steps on her own
- Uses fingers to feed himself some food
- Tries to say one or two words besides mama or dada ("ba" for ball or "da" for dog)
- Looks at a familiar object with you name it
- Follows directions given with both a gesture and words (ie. she gives you a toy when you hold out your hand and say, "give me the toy.")
- Points to ask for something or to get help

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Milestones at 18 months

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What most children do by this age:

- Moves away from you, but looks to make sure you are still 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 her by pushing her arm through sleeve or lifting up foot
- Walks without holding onto anyone or anything
- Scribbles
- Drinks from a cup without a lid and may spill sometimes
- Feeds himself with his fingers
- Tries to use a spoon
- Climbs on and off a chair without help
- Tries to say 3 or more words besides mama and dada
- Copies you doing chores, like sweeping with a broom
- Plays with toys in a simple way, like pushing a toy car

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Milestones at 2 Years

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What most children do by this age:

- Notices when other are hurt or upset, like pausing or looking sad when someone is crying
- Looks at your face to see how you react to a new situation
- 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 nodding yes or blowing a kiss
- Kicks a ball
- Runs
- Walks (not climbs) up a few stairs with or without help
- Eats with a spoon
- Holds something in one hand while using the other hand (holding container to remove lid)
- 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

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Milestones at 30 Months

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What most children do by this age:

- Plays next to other children and sometimes plays with them
- Shows you what she can do by saying, "Look at me!"
- Follows simple routines when told, like helping to pick up toys when told it's time to clean up
- 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"
- 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 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 block when you ask "which one is red?"
- Uses hands to twist things, like turning doorknobs or unscrewing lids
- Takes some clothes off by herself, like an open jacket or loose pants
- Jumps off the ground with both feet
- Turns book pages, one at a time, when you read to him

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Milestones at 3 Years

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What most children do by this age:

- Calms down within 10 minutes after you leave him, like at a childcare drop off
- Notices other children and joins them to play
- Draws a circle, when you show her how
- Avoids touching hot objects, like a stove, when you warn him
- Talks to you in conversation using at least two back-and-forth exchanges
- Asks who, what, where, or why questions, like "Where is my mommy?"
- 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
- Strings items together, like large beads or macaroni
- Puts on some clothes by himself, like loose pants or a jacket
- Uses a fork

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What most children do by this age:

- Pretends to be something else during play (teacher, superhero, puppy)
- Asks to go play with children if none are around, like "Can I play with Cole?"
- 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 he is (playground, library, place of worship)
- Says sentences of four or more words
- Says some words from a song, story or nursery rhyme
- Talks about at least one thing that happened during her day, like "I played soccer."
- Answers simple questions like "What is a coat for?" or "What is a spoon for?"
- Tells what comes next in a well-known story
- Draws a person with three or more body parts
- Catches a large ball most of the time
- Serves himself food or pours water with adult supervision
- Unbuttons some buttons
- Holds a crayon or pencil between fingers and thumb (not a fist)

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