

# 0-3 Months Milestones

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:

- Begins to smile at people
- Coos and makes gurgling sounds
- Makes eye contact
- Pays attention to faces
- Turns head toward sounds
- Begins to follow things with eyes
- Can hold head up and begins to push up when on tummy
- Brings hands to mouth
- Cries differently for different needs, for example hungry versus tired
- Sucks and swallows well during feeding

## 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.

**Don't wait. Acting early can make a real difference.**

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# 4-6 Months Milestones

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## What most babies do by this age:

- Roll over in both directions and begin to sit without support
- While standing with support, accepts entire weight on legs
- Shows curiosity and tries to reach for things
- Brings hands and objects to mouth
- Responds to sounds by making sounds
- Strings vowels together when babbling
- Makes different kinds of sounds to express feelings
- Shows affection to caregivers
- Shows interest in food and opens mouth when food approaches
- Smiles spontaneously, especially at people
- Begins to babble with expression and copy sounds
- Follows moving things with eyes from side to side
- Watches faces and recognizes familiar people and things

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# 7-9 Months Milestones

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## What most babies do by this age:

- Sits without support
- Sits and reaches for toys without falling
- Turns head to visually track objects while sitting
- Starts to move with alternate leg and arm movement (creeping)
- Explores and examines an object using both hands and mouth
- Enjoys a variety of movements – bouncing up and down, rocking back and forth
- Looks at familiar objects and people when named
- Recognizes sound of their name
- Uses simple gestures, like shaking head no or waving goodbye
- Imitates sounds and gestures
- Plays games involving back-and-forth
- Uses fingers to point at things
- In a highchair, holds and drinks from a bottle

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# 10-12 Months Milestones

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## What most babies do by this age:

- Pulls up to stand/walks holding onto furniture
- Explores things in different ways (shaking, banging, throwing)
- Puts things in and takes things out of a container
- Picks up small objects between thumb and index finger
- Enjoys listening to songs
- Crawls to objects seen in the distance
- Says mama, dada and exclamations like "uh-oh!"
- Produces long streams of gibberish in social communication
- Says one or two words
- Pays attention to where you are looking or pointing
- Responds to "no"
- Finger feeds self
- Uses simple gestures, like shaking head no or waving bye-bye

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# 13-18 Months Milestones

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## What most babies do by this age:

- Names objects and pictures
- Uses at least 50 words
- Understands simple pronouns (me, you, my)
- Begins to use 2-word phrases
- Understands action words
- Uses gestures and words during pretend play
- Follows 2-step instructions such as "pick up your shoes and bring them to me"
- Enjoys listening to stories
- Copies others, especially adults or older children
- Knows names of familiar people and body parts
- Climbs onto and down from furniture without help
- Walks up and down stairs holding on

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# 2-3 Years Milestones

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## What most children do by this age:

- Copies adults and friends
- Consistently uses 2-3 word phrases
- Uses "in" and "on"
- Follows 2-step unrelated directions such as "give me the ball and go get your coat"
- Can work toys with buttons, levers and moving parts
- Plays make-believe with animals, dolls and people
- Takes turns in games
- Talks well enough for strangers to understand most of the time
- Asks "what" and "where" questions
- Carries on a conversation using 2 to 3 sentences
- Shows a wide range of emotions
- Walks up and down stairs, alternating feet on each step

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# 4 Years Milestones

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## What most children do by this age:

- Talks about what they like and what they are interested in
- Sings songs or says a poem from memory
- Remembers parts of a story to retell
- Names some colors, shapes and numbers
- Understands the idea of "same" and "different"
- Hops and stands on one foot for up to 2 seconds
- Pours, mashes and cuts own food with supervision
- Understand the idea of counting
- Understands the concept of time and the order of daily activities
- Follows two- to three-part commands such as "put your book away, brush your teeth, and then get in bed"
- Improved hand-eye coordination, which results in an ability to string beads, complete puzzles, and color inside the lines
- Shows a big desire for independence and want to do as much as possible by themselves

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