

DEVELOPMENTAL MILESTONES

Children develop skills and reach milestones at their own pace. These guidelines offer general expectations for progress during these stages.

0—3 months

- Turns head to both sides while on back
- Bears weight on forearms / hands while on belly
- Watches a speaker's mouth
- Quiets to familiar voices
- Vocalizes to show pleasure

3—6 months

- Sits with support
- Rolls from back to belly / belly to back
- Turns head toward sound
- Smiles in response to speech
- Makes raspberries
- Reaches / grasps for objects
- Makes eye contact

6—9 months

- Sits independently
- Scoots backwards
- Imitates gestures
- Begins to babble
- Shouts or vocalizes to gain attention
- Transfers objects between hands
- Rakes small objects to pick up (like Cheerios™)

9—12 months

- Pulls up to stand; stands briefly with no support
- Crawls / creeps forward
- Says "mama" and "dada;" babbles
- Waves hi / bye
- Picks up small objects with fingertips
- Holds own bottle / sippy cup
- Pokes / points with index finger

12—15 months

- Stands alone well
- Walks with 1 hand held / no support
- Follows 1-step commands
- Says 8-10 words

15—18 months

- Pulls toy behind while walking
- Walks independently; walks up stairs with 1 hand held
- Requests assistance
- Can identify 6 body parts
- Understands words like "no" and "bye"
- Says 15 words
- Holds crayon with whole hand, thumb up
- Drinks from a cup

18—21 months

- Moves on riding toys without pedals
- Walks down stairs with 1 hand held
- Runs fairly well; dances
- Pretends to play musical instruments
- Identifies named pictures
- Imitates short phrases

21—24 months

- Jumps in place
- Throws ball overhand
- Follows 2-step commands
- Says 50 words
- Takes off socks and shoes
- Uses a spoon; drinks from a straw
- Points to named body parts / clothing
- Imitates a vertical line on paper

2—2.5 years

- Runs well; jumps forward
- Rides a tricycle
- Throws and kicks a ball
- Understands "big" and "little"
- Uses 3-word phrases
- Matches shapes and colors
- Responds to simple questions
- Uses pronouns (I, me, my)
- Completes tasks like stacking or simple puzzles

2.5—3 years

- Stands from lying on back using a sit-up
- Walks up stairs, alternating feet
- Understands the concept "all"
- Says first and last name
- Follows 3-step commands
- Answers / asks "wh-" questions
- Speaks in 3-5-word sentences
- Strings large beads
- Imitates a horizontal line on paper
- Helps with dressing / undressing
- Understands concepts like colors, shapes, and gender differences

3—4 years

- Kicks a stationary ball
- Jumps from bottom step with both feet
- Dresses / undresses self (no fasteners)
- Feeds self with little to no spilling
- Places small pegs into small holes
- Strings small beads
- Holds pencil with tripod grasp (3 fingers)

4—5 years

- Gallops forward
- Walks forward while holding a large toy
- Cuts along a straight /curvy line
- Manages buttons, snaps, and zippers
- Copies a cross on paper
- Feeds self soup with little to no spilling
- Folds paper neatly in half
- Puts a key in lock to open

5 KEY GROWTH AREAS

