

Table 1. Developmental Milestones

Age	Gross Motor	Fine Motor	Self-Help	Problem-solving	Social/Emotional	Receptive Language	Expressive Language
1 month	<ul style="list-style-type: none"> Chin up in prone position Turns head in supine position 	<ul style="list-style-type: none"> Hands fistled near face 	<ul style="list-style-type: none"> Sucks well 	<ul style="list-style-type: none"> Gazes at black-white objects Follows face 	<ul style="list-style-type: none"> Discriminates mother's voice Cries out of distress 	<ul style="list-style-type: none"> Startles to voice/sound 	<ul style="list-style-type: none"> Throaty noises
2 months	<ul style="list-style-type: none"> Chest up in prone position Head bobs when held in sitting position 	<ul style="list-style-type: none"> Hands unfisted 50% Retains rattle if placed in hand Holds hands together 	<ul style="list-style-type: none"> Opens mouth at sight of breast or bottle 	<ul style="list-style-type: none"> Visual threat present Follows large, highly contrasting objects Recognizes mother 	<ul style="list-style-type: none"> Reciprocal smiling: responds to adult voice and smile 	<ul style="list-style-type: none"> Alerts to voice/sound 	<ul style="list-style-type: none"> Coos Social smile (6 weeks) Vowel-like noises
3 months	<ul style="list-style-type: none"> Props on forearms in prone position Rolls to side 	<ul style="list-style-type: none"> Hands unfisted 50% Inspects fingers Bats at objects 	<ul style="list-style-type: none"> Brings hands to mouth 	<ul style="list-style-type: none"> Reaches for face Follows objects in circle (in supine position) Regards toys 	<ul style="list-style-type: none"> Expression of disgust (sour taste, loud sound) Visually follows person who is moving across a room 	<ul style="list-style-type: none"> Regards speaker 	<ul style="list-style-type: none"> Chuckles Vocalizes when talked to
4 months	<ul style="list-style-type: none"> Sits with trunk support No head lag when pulled to sit Props on wrists Rolls front to back 	<ul style="list-style-type: none"> Hands held predominately open Clutches at clothes Reaches persistently Plays with rattle 	<ul style="list-style-type: none"> Briefly holds onto breast or bottle 	<ul style="list-style-type: none"> Mouths objects Stares longer at novel faces than familiar Shakes rattle Reaches for ring/rattle 	<ul style="list-style-type: none"> Smiles spontaneously at pleasurable sight/sound Stops crying at parent voice To and fro alternating vocalizations 	<ul style="list-style-type: none"> Orients head in direction of a voice Stops crying to soothing voice 	<ul style="list-style-type: none"> Laughs out loud Vocalizes when alone
5 months	<ul style="list-style-type: none"> Sits with pelvic support Rolls back to front Anterior protection Sits with arms supporting trunk 	<ul style="list-style-type: none"> Palmar grasps cube Transfers objects: hand-mouth-hand Holds hands together Reaches/grasps dangling ring 	<ul style="list-style-type: none"> Gums/mouths pureed food 	<ul style="list-style-type: none"> Turns head to look for dropped spoon Regards pellet or small cracker 	<ul style="list-style-type: none"> Recognizes caregiver visually Forms attachment relationship to caregiver 	<ul style="list-style-type: none"> Begins to respond to name 	<ul style="list-style-type: none"> Says "Ah-goo" Razes, squeals Expresses anger with sounds other than crying
6 months	<ul style="list-style-type: none"> Sits momentarily propped on hands Pivots in prone In prone position, bears weight on 1 hand 	<ul style="list-style-type: none"> Transfers hand-hand Rakes pellet Takes second cube and holds on to first Reaches with one hand 	<ul style="list-style-type: none"> Feeds self crackers Places hands on bottle 	<ul style="list-style-type: none"> Touches reflection and vocalizes Removes cloth on face Bangs and shakes toys 	<ul style="list-style-type: none"> Stranger anxiety (familiar versus unfamiliar people) 	<ul style="list-style-type: none"> Stops momentarily to "no" Gestures for "up" 	<ul style="list-style-type: none"> Reduplicative babble with consonants Listens, then vocalizes when adult stops Smiles/vocalizes to mirror
7 months	<ul style="list-style-type: none"> Bounces when held Sits without support steadily Lateral protection Puts arms out to sides for balance 	<ul style="list-style-type: none"> Radial-palmar grasp 	<ul style="list-style-type: none"> Refuses excess food 	<ul style="list-style-type: none"> Explores different aspects of toy Observes cube in each hand Finds partially hidden object 	<ul style="list-style-type: none"> Looks from object to parent and back when wanting help (eg, with a wind-up toy) 	<ul style="list-style-type: none"> Looks toward familiar object when named Attends to music 	<ul style="list-style-type: none"> Increasing variety of syllables
8 months	<ul style="list-style-type: none"> Gets into sitting position Commando crawls Pulls to sitting/kneeling position 	<ul style="list-style-type: none"> Bangs spoon after demonstration Scissor grasp of cube Takes cube out of cup Pulls out large peg 	<ul style="list-style-type: none"> Holds own bottle Finger feeds Cheerios® or string beans 	<ul style="list-style-type: none"> Seeks object after it falls silently to the floor 	<ul style="list-style-type: none"> Lets parents know when happy versus upset Engages in gaze monitoring: adult looks away and child follows adult glance with own eyes 	<ul style="list-style-type: none"> Responds to "Come here" Looks for family members, "Where's mama?"... etc 	<ul style="list-style-type: none"> Says "Dada" (nonspecific) Echolalia (8 to 30 months) Shakes head for "no"

(continued)

Table 1. Developmental Milestones—continued

Age	Gross Motor	Fine Motor	Self-Help	Problem-solving	Social/Emotional	Receptive Language	Expressive Language
9 months	<ul style="list-style-type: none"> • "Stands" on feet and hands • Begins creeping • Pulls to stand • Bear walks (all four limbs straight) 	<ul style="list-style-type: none"> • Radial-digital grasp of cube • Bangs two cubes together 	<ul style="list-style-type: none"> • Bites, chews cookie 	<ul style="list-style-type: none"> • Inspects bell • Rings bell • Pulls string to obtain ring 	<ul style="list-style-type: none"> • Uses sounds to get attention • Separation anxiety • Follows a point, "Oh look at..." • Recognizes familiar people visually 	<ul style="list-style-type: none"> • Enjoys gesture games • Orients to name well • Orients to bell 	<ul style="list-style-type: none"> • Says "Mama" (nonspecific) • Nonreduplicative babble • Imitates sounds
10 months	<ul style="list-style-type: none"> • Creeps well • Cruises around furniture using two hands • Stands with one hand held • Walks with two hands held 	<ul style="list-style-type: none"> • Clumsy release of cube • Inferior pincer grasp of pellet • Isolates index finger and pokes 	<ul style="list-style-type: none"> • Drinks from cup held for child 	<ul style="list-style-type: none"> • Uncovers toy under cloth • Pokes at pellet in bottle • Tries to put cube in cup, but may not be able to let go 	<ul style="list-style-type: none"> • Experiences fear • Looks preferentially when name is called 	<ul style="list-style-type: none"> • Enjoys peek-a-boo • Waves "bye-bye" back 	<ul style="list-style-type: none"> • Says "Dada" (specific) • Waves "bye-bye"
11 months	<ul style="list-style-type: none"> • Pivots in sitting position • Cruises furniture using one hand • Stands for a few seconds • Walks with one hand held 	<ul style="list-style-type: none"> • Throws objects • Stirs with spoon 	<ul style="list-style-type: none"> • Cooperates with dressing 	<ul style="list-style-type: none"> • Finds toy under cup • Looks at pictures in book 	<ul style="list-style-type: none"> • Gives objects to adult for action after demonstration (lets adult know he or she needs help) 	<ul style="list-style-type: none"> • Stops activity when told "no" • Bounces to music 	<ul style="list-style-type: none"> • Says first word • Vocalizes to songs
12 months	<ul style="list-style-type: none"> • Stands well with arms high, legs splayed • Posterior protection • Independent steps 	<ul style="list-style-type: none"> • Scribbles after demonstration • Fine pincer grasp of pellet • Holds crayon • Attempts tower of two cubes 	<ul style="list-style-type: none"> • Finger feeds part of meal • Takes off hat 	<ul style="list-style-type: none"> • Rattles spoon in cup • Lifts box lid to find toy 	<ul style="list-style-type: none"> • Shows objects to parent to share interest • Points to get desired object (proto-imperative pointing) 	<ul style="list-style-type: none"> • Follows one-step command with gesture • Recognizes names of two objects and looks when named 	<ul style="list-style-type: none"> • Points to get desired object (proto-imperative pointing) • Uses several gestures with vocalizing (eg, waving, reaching)
13 months	<ul style="list-style-type: none"> • Walks with arms high and out (high guard) 	<ul style="list-style-type: none"> • Attempts to release pellet in bottle 	<ul style="list-style-type: none"> • Drinks from cup with some spilling 	<ul style="list-style-type: none"> • Dangles ring by string • Reaches around clear barrier to obtain object • Unwraps toy in cloth 	<ul style="list-style-type: none"> • Shows desire to please caregiver • Solitary play • Functional play 	<ul style="list-style-type: none"> • Looks appropriately when asked, "Where's the ball?" 	<ul style="list-style-type: none"> • Uses three words • Immature jargonizing: inflection without real words
14 months	<ul style="list-style-type: none"> • Stands without pulling up • Falls by collapse • Walks well 	<ul style="list-style-type: none"> • Imitates back and forth scribble • Adds third cube to a two-cube tower • Puts round peg in and out of hole 	<ul style="list-style-type: none"> • Removes socks/shoes • Chews well • Puts spoon in mouth (turns over) 	<ul style="list-style-type: none"> • Dumps pellet out of bottle after demonstration 	<ul style="list-style-type: none"> • Points at object to express interest (proto-declarative pointing) • Purposeful exploration of toys through trial and error 	<ul style="list-style-type: none"> • Follows one-step command without gesture 	<ul style="list-style-type: none"> • Names one object • Points at object to express interest (proto-declarative pointing)
15 months	<ul style="list-style-type: none"> • Stoops to pick up toy • Creeps up stairs • Runs stiff-legged • Walks carrying toy • Climbs on furniture 	<ul style="list-style-type: none"> • Builds three- to four-cube tower • Places 10 cubes in cup • Releases pellet into bottle 	<ul style="list-style-type: none"> • Uses spoon with some spilling • Attempts to brush own hair • Fusses to be changed 	<ul style="list-style-type: none"> • Turns pages in book • Places circle in single-shape puzzle 	<ul style="list-style-type: none"> • Shows empathy (someone else cries, child looks sad) • Hugs adult in reciprocation • Recognizes without a demonstration that a toy requires activation; hands it to adult if can't operate 	<ul style="list-style-type: none"> • Points to one body part • Points to one object of three when named • Gets object from another room upon demand 	<ul style="list-style-type: none"> • Uses three to five words • Mature jargonizing with real words
16 months	<ul style="list-style-type: none"> • Stands on one foot with slight support • Walks backwards • Walks up stairs with one hand held 	<ul style="list-style-type: none"> • Puts several round pegs in board with urging • Scribbles spontaneously 	<ul style="list-style-type: none"> • Picks up and drinks from cup • Fetches and carries objects (same room) 	<ul style="list-style-type: none"> • Dumps pellet out without demonstration • Finds toy observed to be hidden under layers of covers • Places circle in form board 	<ul style="list-style-type: none"> • Kisses by touching lips to skin • Periodically visually relocates caregiver • Self-conscious; embarrassed when aware of people observing 	<ul style="list-style-type: none"> • Understands simple commands, "Bring to mommy" • Points to one picture when named 	<ul style="list-style-type: none"> • Uses 5 to 10 words

(continued)

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Age	Gross Motor	Fine Motor	Self-Help	Problem-solving	Social/Emotional	Receptive Language	Expressive Language
18 months	<ul style="list-style-type: none"> • Creeps down stairs • Runs well • Seats self in small chair • Throws ball while standing 	<ul style="list-style-type: none"> • Makes four-cube tower • Crudely imitates vertical stroke 	<ul style="list-style-type: none"> • Removes garment • Gets onto adult chair unaided • Moves about house without adult 	<ul style="list-style-type: none"> • Matches pairs of objects • Replaces circle in form board after it has been turned around (usually with trial and error) 	<ul style="list-style-type: none"> • Passes M-CHAT • Engages in pretend play with other people (eg, tea party, birthday party) • Begins to show shame (when does wrong) and possessiveness 	<ul style="list-style-type: none"> • Points to two of three objects when named • Points to three body parts • Points to self • Understands "mine" • Points to familiar people when named 	<ul style="list-style-type: none"> • Uses 10 to 25 words • Uses giant words (all gone, stop that) • Imitates environmental sounds (eg, animals) • Names one picture on demand
20 months	<ul style="list-style-type: none"> • Squats in play • Carries large object • Walks downstairs with one hand held 	<ul style="list-style-type: none"> • Completes round peg board without urging • Makes five- to six-cube tower • Completes square peg board 	<ul style="list-style-type: none"> • Places only edibles in mouth • Feeds self with spoon entire meal 	<ul style="list-style-type: none"> • Deduces location of hidden object • Places square in form board 	<ul style="list-style-type: none"> • Begins to have thoughts about feelings • Engages in tea party with stuffed animals • Kisses with pucker 	<ul style="list-style-type: none"> • Points to three pictures • Begins to understand her/him/me 	<ul style="list-style-type: none"> • Holophrases ("Mommy?" and points to keys, meaning: "These are Mommy's keys.") • Two-word combinations • Answers requests with "no"
22 months	<ul style="list-style-type: none"> • Walks up stairs holding rail, putting both feet on each step • Kicks ball with demonstration • Walks with one foot on walking board 	<ul style="list-style-type: none"> • Closes box with lid • Imitates vertical line • Imitates circular scribble 	<ul style="list-style-type: none"> • Uses spoon well • Drinks from cup well • Unzips zippers • Puts shoes on partway 	<ul style="list-style-type: none"> • Completes form board 	<ul style="list-style-type: none"> • Watches other children intensely • Begins to show defiant behavior 	<ul style="list-style-type: none"> • Points to four to five pictures when named • Points to five to six body parts • Points to four pieces of clothing when named 	<ul style="list-style-type: none"> • Uses 25 to 50 words • Asks for more • Adds one to two words/week
24 months	<ul style="list-style-type: none"> • Walks down stairs holding rail, both feet on each step • Kicks ball without demonstration • Throws overhand 	<ul style="list-style-type: none"> • Makes a single-line "train" of cubes • Imitates circle • Imitates horizontal line 	<ul style="list-style-type: none"> • Opens door using knob • Sucks through a straw • Takes off clothes without buttons • Pulls off pants 	<ul style="list-style-type: none"> • Sorts objects • Matches objects to pictures • Shows use of familiar objects 	<ul style="list-style-type: none"> • Parallel play • Begins to mask emotions for social etiquette 	<ul style="list-style-type: none"> • Follows two-step command • Understands me/you • Points to 5 to 10 pictures 	<ul style="list-style-type: none"> • Two-word sentence (noun + verb) • Telegraphic speech • Uses 50+ words • 50% intelligibility • Refers to self by name • Names three pictures
28 months	<ul style="list-style-type: none"> • Jumps from bottom step with one foot leading • Walks on toes after demonstration • Walks backward 10 steps 	<ul style="list-style-type: none"> • Strings large beads awkwardly • Unscrews jar lid • Turns paper pages (often several at once) 	<ul style="list-style-type: none"> • Holds self and verbalizes toilet needs • Pulls pants up with assistance 	<ul style="list-style-type: none"> • Matches shapes • Matches colors 	<ul style="list-style-type: none"> • Reduction in separation anxiety 	<ul style="list-style-type: none"> • Understands "just one" 	<ul style="list-style-type: none"> • Repeats two digits • Begins to use pronouns (I, me, you) • Names 10 to 15 pictures
30 months	<ul style="list-style-type: none"> • Walks up stairs with rail, alternating feet • Jumps in place • Stands with both feet on balance beam • Walks with one foot on balance beam 	<ul style="list-style-type: none"> • Makes eight-cube tower • Makes a "train" of cubes and includes a stack 	<ul style="list-style-type: none"> • Washes hands • Puts things away • Brushes teeth with assistance 	<ul style="list-style-type: none"> • Replaces circle in form board after it has been turned around (little or no trial and error) • Points to small details in pictures 	<ul style="list-style-type: none"> • Imitates adult activities (eg, sweeping, talking on phone) 	<ul style="list-style-type: none"> • Follows two prepositions: "put block in . . . on box" • Understands actions words: "playing . . . washing . . . blowing" 	<ul style="list-style-type: none"> • Echolalia and jargonizing gone • Names objects by use • Refers to self with correct pronoun • Recites parts of well-known story/fills in words
33 months	<ul style="list-style-type: none"> • Walks swinging arms opposite of legs (synchronous gait) 	<ul style="list-style-type: none"> • Makes 9- to 10-cube tower • Puts six square pegs in pegboard • Imitates cross 	<ul style="list-style-type: none"> • Toilet trained • Puts on coat unassisted 	<ul style="list-style-type: none"> • Points to self in photos • Points to body parts based on function ("What do you hear with?") 	<ul style="list-style-type: none"> • Begins to take turns • Tries to help with household tasks 	<ul style="list-style-type: none"> • Understands three prepositions • Understands dirty, wet • Points to objects by use: "ride in . . . put on feet . . . write with" 	<ul style="list-style-type: none"> • Gives first and last name • Counts to 3 • Begins to use past tense • Enjoys being read to (short books)

(continued)

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Age	Gross Motor	Fine Motor	Self-Help	Problem-solving	Social/Emotional	Receptive Language	Expressive Language
3 years	<ul style="list-style-type: none"> Balances on one foot for 3 seconds Goes up stairs, alternating feet, no rail Pedals tricycle Walks heel to toe Catches ball with stiff arms 	<ul style="list-style-type: none"> Copies circle Cuts with scissors: side-to-side (awkwardly) Strings small beads well Imitates bridge of cubes 	<ul style="list-style-type: none"> Independent eating Pours liquid from one container to another Puts on shoes without laces Unbuttons 	<ul style="list-style-type: none"> Draws a two- to three-part person Understands long/short, big/small, more/less Knows own gender Knows own age Matches letters/numerals 	<ul style="list-style-type: none"> Starts to share with/without prompt Fears imaginary things Imaginative play Uses words to describe what someone else is thinking ("Mom thought I was asleep") 	<ul style="list-style-type: none"> Points to parts of pictures (nose of cow, door of car) Names body parts with function Understands negatives Groups objects (foods, toys) 	<ul style="list-style-type: none"> Uses 200+ words Three-word sentences Uses pronouns correctly 75% intelligibility Uses plurals Names body parts by use Asks to be read to
4 years	<ul style="list-style-type: none"> Balances on one foot 4 to 8 seconds Hops on one foot two to three times Standing broad jump: 1 to 2 feet Gallops Throws ball overhand 10 feet Catches bounced ball (4½ yrs) 	<ul style="list-style-type: none"> Copies square Ties single knot Cuts 5-inch circle Uses tongs to transfer Writes part of first name Imitates gate with cubes 	<ul style="list-style-type: none"> Goes to toilet alone Wipes after bowel movement Washes face/hands Brushes teeth alone Buttons Uses fork well 	<ul style="list-style-type: none"> Draws a four- to six-part person Can give amounts (usually less than 5) correctly Simple analogies: <ul style="list-style-type: none"> - dad/boy: mother/??? - ice/cold: fire/??? - ceiling/up: floor/??? Points to five to six colors Points to letters/numerals when named Rote counts to 4 "Reads" several common signs/store names 	<ul style="list-style-type: none"> Deception: interested in "tricking" others and concerned about being tricked by others Has a preferred friend Labels happiness, sadness, fear, and anger in self Group play 	<ul style="list-style-type: none"> Follows three-step commands Points to things that are the same versus different Names things when actions are described (eg, swims in water, you cut with it, it's something you read, it tells time...) Understands adjectives: bushy, long, thin, pointed 	<ul style="list-style-type: none"> Uses 300 to 1,000 words Tells stories 100% intelligibility Uses "feeling" words Uses words that tell about time
5 years	<ul style="list-style-type: none"> Walks down stairs with rail, alternating feet Balances on one foot >8 seconds Hops on one foot 15 times Skips Running broad jump 2 to 3 feet Walks backward heel-toe Jumps backward 	<ul style="list-style-type: none"> Copies triangle Puts paper clip on paper Can use clothespins to transfer small objects Cuts with scissors Writes first name Builds stairs from model 	<ul style="list-style-type: none"> Spreads with knife Independent dressing Bathes independently 	<ul style="list-style-type: none"> Draws an 8- to 10-part person Gives amounts (<10) Identifies coins Names letters/numerals out of order Rote counts to 10 Names 10 colors Uses letter names as sounds to invent spelling Knows sounds of consonants and short vowels by end of kindergarten Reads 25 words 	<ul style="list-style-type: none"> Has group of friends Apologizes for mistakes Responds verbally to good fortune of others 	<ul style="list-style-type: none"> Knows right and left on self Points to different one in a series Understands "er" endings (eg, batter, skater) Understands adjectives: busy, long, thin, pointed Enjoys rhyming words and alliterations Produces words that rhyme Points correctly to "side," "middle," "corner" 	<ul style="list-style-type: none"> Repeats six- to eight-word sentence Defines simple words Uses 2,000 words Knows telephone number Responds to "why" questions Retells story with clear beginning, middle, end
6 years	<ul style="list-style-type: none"> Tandem walks 	<ul style="list-style-type: none"> Builds stairs from memory Draws diamond Writes first and last name Creates and writes short sentences Forms letters with down-going and counterclockwise strokes Copies flag 	<ul style="list-style-type: none"> Ties shoes Combs hair Looks both ways at street Remembers to bring belongings 	<ul style="list-style-type: none"> Draws a 12- to 14-part person Number concepts to 20 Simple addition/subtraction Understands seasons Sounds out regularly spelled words Reads 250 words by end of first grade 	<ul style="list-style-type: none"> Has best friend of same sex Plays board games Distinguishes fantasy from reality Wants to be like friends and please them Enjoys school 	<ul style="list-style-type: none"> Asks what unfamiliar words mean Can tell which words do not belong in a group 	<ul style="list-style-type: none"> Repeats 8- to 10-word sentences Describes events in order Knows days of the week 10,000 word vocabulary

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