



DEVELOPMENTAL MILESTONES BIRTH TO 6 MONTHS

MILESTONE	0 - 3 MONTHS	
VISUAL DEVELOPMENT	<ul style="list-style-type: none"> • Watches a speaker's face • Visual acuity is 20/400 • Decreased or no eye crossing • Fuzzy vision with poor ability to distinguish contrasts 	<ul style="list-style-type: none"> • Eyes and head move together • Prefers to look at large, black and white patterns • Can visually track a moving target about 12" away
FINE MOTOR DEVELOPMENT	<ul style="list-style-type: none"> • Keeps hands fisted • Hands are open and relaxed • Can hold and shake a rattle briefly 	<ul style="list-style-type: none"> • Puts things in his/her mouth • Swipes at objects
FEEDING DEVELOPMENT	<ul style="list-style-type: none"> • Sucks with back-and-forth tongue movement 	<ul style="list-style-type: none"> • Rooting and gag reflexes present
GROSS MOTOR DEVELOPMENT	<ul style="list-style-type: none"> • Brings hands to midline • Can hold his/her head upright when held • Able to turn head to both sides when on belly 	<ul style="list-style-type: none"> • Lifts head to 45° and maintains when on belly • Kicks feet alternately when lying on back
SPEECH/LANGUAGE DEVELOPMENT	<ul style="list-style-type: none"> • Looks directly at a speaker's face • Produces vowel-like sounds 	<ul style="list-style-type: none"> • Smiles in response to a voice • Occasionally vocalizes other than crying

MILESTONE	3 - 6 MONTHS	
VISUAL DEVELOPMENT	<ul style="list-style-type: none"> • Looks at object in his/her hand • Reaches for and bats at suspended toys 	<ul style="list-style-type: none"> • Visual acuity is 20/25 • Eyes begin to move independently from head movements
FINE MOTOR DEVELOPMENT	<ul style="list-style-type: none"> • Reaches toward objects • Bangs objects together • Lets go of toys more consistently 	<ul style="list-style-type: none"> • Plays with toys at midline • Transfers objects from one hand to the other
FEEDING DEVELOPMENT	<ul style="list-style-type: none"> • Reflexes are integrated • Ready for solid food introduction 	<ul style="list-style-type: none"> • Opens mouth as spoon approaches • Able to sit in a high chair for solid food feeding
GROSS MOTOR DEVELOPMENT	<ul style="list-style-type: none"> • Weight bears on forearms when on belly • Pulls to sitting position when hands are held • Weight bears on extended arms when on belly 	<ul style="list-style-type: none"> • Rolls from side to back and from back to side • Brings hands to feet • Rolls from belly to back
SPEECH/LANGUAGE DEVELOPMENT	<ul style="list-style-type: none"> • Stops babbling and looks around when stimulated • Initiates vocalizing at others 	<ul style="list-style-type: none"> • Produces consonant-like sounds while babbling

DEVELOPMENTAL MILESTONES 6 - 12 MONTHS

MILESTONE	6 - 9 MONTHS	
VISUAL DEVELOPMENT	<ul style="list-style-type: none"> • Permanent eye color is established • Begins to visually attend to pictures in a book 	<ul style="list-style-type: none"> • Looks for objects he/she drops • Watches activities around him/her for longer periods of time
FINE MOTOR DEVELOPMENT	<ul style="list-style-type: none"> • Puts objects in cups or containers • Early pincer grasp 	<ul style="list-style-type: none"> • Pokes and points with index finger
FEEDING DEVELOPMENT	<ul style="list-style-type: none"> • Feeds self-finger foods (cherrios) • Uses up/down tongue movements • Hold a bottle to self feed • Interested in holding the spoon 	<ul style="list-style-type: none"> • Spoon feeding of thicker and lumpier foods • Uses up/down munching movements
GROSS MOTOR DEVELOPMENT	<ul style="list-style-type: none"> • Rolls from back to belly • Sits without support • Scoots on stomach • Crawling on hands and knees • Reaches for a toy while on belly with weight on opposite forearm 	<ul style="list-style-type: none"> • Catches self if he/she falls forward while sitting • Gets up onto hands and knees • Catches self if he/she falls to either side while sitting
SPEECH/LANGUAGE DEVELOPMENT	<ul style="list-style-type: none"> • Plays simple games (peek-a-boo) • Makes word-like sounds • Responds with appropriate gestures to 'come', 'bye-bye' and 'up' 	<ul style="list-style-type: none"> • Uses voice to get attention • Repeats two syllable sounds (da-da) but not necessarily as a meaningful word

MILESTONE	9 - MONTHS	
VISUAL DEVELOPMENT	<ul style="list-style-type: none"> • Starts looking for dropped objects • Explores depth by looking into containers 	<ul style="list-style-type: none"> • Creeps after favorite toys when seen
FINE MOTOR DEVELOPMENT	<ul style="list-style-type: none"> • Uses a pincer grasp effectively • Holds out arms during upper body dressing 	<ul style="list-style-type: none"> • Turns pages of a book several at a time • Able to release objects into specific containers/locations
FEEDING DEVELOPMENT	<ul style="list-style-type: none"> • Cleans lower lip with teeth • Enjoys finger feeding • Eats with up/down and rotary chewing movements 	<ul style="list-style-type: none"> • Drinks from a sippy cup • Enjoys eating with a spoon • Messy at mealtimes
GROSS MOTOR DEVELOPMENT	<ul style="list-style-type: none"> • Pulls self to standing • Sits self up • Takes steps holding onto furniture • Stands 5 seconds without support 	<ul style="list-style-type: none"> • Catches self if he/she falls back when sitting • Lowers self to floor without falling • Walks with one hand held
SPEECH/LANGUAGE DEVELOPMENT	<ul style="list-style-type: none"> • First words emerging • Uses gestures to make wants known • Initiates simple games (peek-a-boo) • Uses some exclamations like "uh-oh" • Follows simple commands (give it to Mommy) 	<ul style="list-style-type: none"> • Makes recognizable attempts to imitate words • Uses jargon (short sentence-like utterances throughout the day) • Understands simple questions (Where is the ball?)



**DEVELOPMENTAL MILESTONES
12 - 24 MONTHS**

MILESTONE	12 - 18 MONTHS	
VISUAL DEVELOPMENT	<ul style="list-style-type: none"> Looks for dropped items Hand activities are steered by vision 	<ul style="list-style-type: none"> Looks for and identifies pictures in a book
FINE MOTOR DEVELOPMENT	<ul style="list-style-type: none"> Builds block towers Tries to put on his/her shoes Holds crayon with whole hand 	<ul style="list-style-type: none"> Scribbles with crayons Able to take off socks May imitate crayon strokes
FEEDING DEVELOPMENT	<ul style="list-style-type: none"> Enjoys feeding self Uses spoon with food loss Able to bite off a piece of hard cookie or pretzel 	<ul style="list-style-type: none"> Able to chew soft meats Drinks from an open cup with some liquid loss
GROSS MOTOR DEVELOPMENT	<ul style="list-style-type: none"> Walks alone Walks backwards Crawls down stairs backwards Throws a ball in standing position without falling down 	<ul style="list-style-type: none"> Crawls up stairs Squats and resumes standing Gets up from floor without pulling on furniture Climbs into adult size chair
SPEECH/LANGUAGE DEVELOPMENT	<ul style="list-style-type: none"> Points to many different body parts & objects when requested Uses jargon with occasional true words Frequently uses consonants in vocalizations (t, d, w, n, h) Vocabulary gradually increasing to 15 words Consistently uses true words to label, comment, protest, and request Recognizes and identifies many objects or pictures of objects when named Carries out verbal requests to bring something familiar from another room Directs another's attention to an object (holds up toy while smiling at an adult) 	

MILESTONE	18 - 24 MONTHS	
VISUAL DEVELOPMENT	<ul style="list-style-type: none"> Likes to watch movement of wheels, etc. 	<ul style="list-style-type: none"> Explores visual depth of objects with other body parts
FINE MOTOR DEVELOPMENT	<ul style="list-style-type: none"> Turns pages of a book one at a time Scribbles in circular motion Able to take off shoes (untied) 	<ul style="list-style-type: none"> Begins to help undress clothing Uses thumb, index, middle fingers to hold crayon
FEEDING DEVELOPMENT	<ul style="list-style-type: none"> Unscrews a bottle top Able to eat most meats and hard vegetables 	<ul style="list-style-type: none"> Independently drink from open cup Uses spoon efficiently without turning it upside down
GROSS MOTOR DEVELOPMENT	<ul style="list-style-type: none"> Walks sideways Kicks a ball Runs stiffly 	<ul style="list-style-type: none"> Walks with 1 foot on balance beam Jumps with 2 feet together Jumps down from 8" step
SPEECH/LANGUAGE DEVELOPMENT	<ul style="list-style-type: none"> Uses new words each week Occasionally uses 3 word sentences Recognizes new words daily Responds appropriately to common action words (come here) Follows simple 2-3 step related commands (feed doll, burp doll) Produces up to 21 different consonants and vowels Begins to use present progressive -ing word ending (mommy driving) 	<ul style="list-style-type: none"> Refers to self using his/her name Begins to use more words than gestures Spontaneously uses 10-20 words Recognizes most common objects and pictures when named Imitates environmental sounds during independent play Begins to put 2 words together into a sentences (daddy gone, baby eat)

DEVELOPMENTAL MILESTONES 24 - 36 MONTHS

MILESTONE	24 - 30 MONTHS	
VISUAL DEVELOPMENT	<ul style="list-style-type: none"> Visually attends to hands as they engage in an activity 	<ul style="list-style-type: none"> Begins to visually inspect without needing to touch
FINE MOTOR DEVELOPMENT	<ul style="list-style-type: none"> Brushes teeth with help Holds scissors 2-handed or upside down with 1 hand 	<ul style="list-style-type: none"> Starts unbuttoning large buttons Washes and dries hands
FEEDING DEVELOPMENT	<ul style="list-style-type: none"> Starts eating with a fork Somewhat picky about new foods 	<ul style="list-style-type: none"> Minimal food loss when using a spoon
GROSS MOTOR DEVELOPMENT	<ul style="list-style-type: none"> Catches a ball Takes 5 steps on tiptoes Takes several reciprocal steps on a balance beam 	<ul style="list-style-type: none"> Walks up stairs with support placing 1 foot on each step Walks up and down stairs without support
SPEECH/LANGUAGE DEVELOPMENT	<ul style="list-style-type: none"> Uses noun to label objects Uses regular plural (dogs, balls) Asks for help with personal needs Understands negatives Understands complex sentences Jargon and echoing of others is almost gone Often speaks in 2-3 word sentences 	<ul style="list-style-type: none"> Uses prepositions "on" and "in" Begins taking turns in conversation Refers to self using pronouns (I, me, my) Understands simple possessive forms Answers simple "who", "what", and "where" questions

MILESTONE	30 - 36 MONTHS	
VISUAL DEVELOPMENT	<ul style="list-style-type: none"> Explores environment with great interest Watches others and imitates actions 	<ul style="list-style-type: none"> Simple noises and movements stimulate visual inspection
FINE MOTOR DEVELOPMENT	<ul style="list-style-type: none"> Snips with scissors Strings large beads Starts buttoning large buttons Begins to help put clothes on 	<ul style="list-style-type: none"> Draws vertical lines Throws a small ball Pushes down his/her own pants
FEEDING DEVELOPMENT	<ul style="list-style-type: none"> Stabs more efficiently with a fork 	<ul style="list-style-type: none"> Enjoys independent eating
GROSS MOTOR DEVELOPMENT	<ul style="list-style-type: none"> Jumps forward 24" Jumps over 2" hurdles Walks down stairs without support placing one foot in front of the other 	<ul style="list-style-type: none"> Walks with reciprocal arm swing Rides tricycle Balances on 1 foot for 3 seconds
SPEECH/LANGUAGE DEVELOPMENT	<ul style="list-style-type: none"> Understands all common verbs Understands the concept of 'one' Tells his/her gender when asked Uses past tense Uses verb forms correctly Uses the present progressive -ing consistently Uses simple possessives (daddy's shirt) Understands prepositions "under", "in front", "behind" 	<ul style="list-style-type: none"> Carries out 3 simple commands when given in a long sentence Understands most common adjectives Gives first and last name when asked Makes negative statements (can't open it) Uses 4-5 word phrases Uses prepositions (in, on, under, being)