



# Developmental Checklist

## 0-3 Month Milestones

### Motor

- While lying on tummy, pushes up on arms
- While lying on tummy, lifts and holds head up
- Able to move fists from closed to open
- Able to bring hands to mouth
- Moves legs and arms off of surface when excited

### Sensory

- While lying on back, attempts to reach for a toy held above their chest
- While lying on back, visually tracks a moving toy from side to side
- While lying on back, keeps head centered to watch faces or toys
- Able to calm with rocking, touching, and gentle sounds
- Enjoys a variety of movements e.g. bouncing on knee

### Communication

- Turns head towards sound or voice
- Quiets or smiles in response to sound or voice
- Shows interest in faces
- Makes eye contact
- Cries differently for different needs (e.g. hungry vs. tired)
- Coos and smiles

### Feeding

- Turns head toward nipple or bottle
- Tongue moves forward and back to suck
- Drinks 2 oz. to 6 oz. of liquid per feeding, 6 times per day
- Sucks and swallows well during feeding



# Developmental Checklist

## 4-6 Month Milestones

### Motor

- Uses hands to support self while sitting
- Rolls from back to tummy and tummy to back
- While standing with support, accepts entire weight with legs
- Reaches for nearby toys while on tummy
- While lying on back, reaches both hands to play with feet
- While lying on back, transfers a toy from one hand to the other

### Sensory

- Uses both hands to explore toys
- Generally happy when not hungry or tired
- Brings hands and objects to mouth
- Able to calm with rocking, touching, and gentle sounds
- Is not upset by everyday sounds
- Enjoys a variety of movements

### Communication

- Fears loud or unexpected noises
- Is aware of differences in tone of voice
- Begins to babble with consonant sounds e.g. “da, da, da”
- Uses babbling to get attention
- Makes different kinds of sounds to express feelings
- Imitates sounds and facial expressions
- Notices toys that make sounds

### Feeding

- Shows interest in food
- Begins to eat cereals and pureed foods
- Opens mouth as spoon approaches



# Developmental Checklist

- Moves pureed food from front of mouth to back

## 7-9 Month Milestones

### Motor

- Sits and reaches for toys without falling
- Moves from tummy or back into sitting
- Creeps on hands and knees with alternate leg movement
- Uses both hands to explore toys
- Picks up head and pushes through elbows during tummy time
- Turns head to visually track objects, while sitting
- Shows more control while rolling, sitting, and scooting
- Starts to crawl and pull to a stand
- Enjoys a variety of movements – bouncing up and down, rocking back and forth
- Picks up small objects with thumbs and fingers
- Tries to lean towards, reach for, and throw toys
- In simple play imitates others

### Sensory

- Explores and examines an object using both hands and mouth
- Turns several pages of a chunky board book at once
- Experiments with the amount of force needed to pick up different objects
- Focuses on objects near and far
- Investigates shapes, sizes, and textures of toys and surroundings
- Observes environment from a variety of positions – while lying on back or tummy, sitting, crawling, and standing with assistance

### Communication

- Uses increased variety of sounds and syllable combinations in babbling
- Looks at familiar objects and people when named
- Recognizes sound of their name
- Participates in two-way communication
- Begins using hand movements to communicate wants and needs, e.g. reaches to be picked up



# Developmental Checklist

- Follows some routine commands when paired with gestures
- Distinguishes between familiar and unfamiliar voices
- Shows recognition of commonly used words
- Mimics facial expressions and gestures
- Shows interest when looking or pointing

## Feeding

- Holds and drinks from a bottle
- Places pacifier in mouth
- Begins to eat junior and mashed table foods
- Enjoys chew toys that can massage sore and swollen gums during teething
- Feels full longer after eating more solid foods
- Starts to look and reach for food that is nearby
- Shows strong reaction to new smells and tastes

## 10-12 Month Milestones

### Motor

- Pulls to stand and cruises along furniture
- Stands alone and takes several independent steps
- Moves in and out of various positions to explore environment and get desired toys
- Sits unsupported and is able to turn head to look at objects without losing balance
- Maintains balance when throwing objects
- Claps hands
- Releases objects into a container with a large opening
- Uses thumb and pointer finger to pick up tiny objects

### Sensory

- Enjoys listening to songs
- Explores toys with fingers and mouth
- Crawls to or away from sounds coming from a distance
- Crawls to or away from objects baby sees in the distance



# Developmental Checklist

## Communication

- Meaningfully uses “mama” or “dada”
- Responds to “no”
- Responds to simple directions, e.g. “Come here”
- Produces long strings of gibberish (called jargonizing) in social communication
- Says one or two words
- Imitates speech sounds
- Babbling has sounds and rhythms of speech
- Pays attention to where you are looking and pointing

## Feeding

- Finger feeds self
- Eating an increasing variety of food
- Ready to try soft-cooked vegetables, soft fruits, and finger foods (teething biscuits, cooked pasta)
- Might be ready to start self-spoon feeding
- Enjoys a greater variety of smells and tastes
- Is developing more teeth and better control of tongue and lips
- Begins to use an open cup

## 13-18 Month Milestones

### Motor

- Walks independently
- Squats to pick up a toy
- Stacks two objects
- Helps with getting dress/undressed



# Developmental Checklist

## Sensory

- Has a regular sleep schedule
- Eats an increasing variety of foods

## Communication

- By 15 months:
  - Understands 50 words
  - May use 5-10 words
  - Combines sounds
  - Imitate simple words and actions
  - Consistently follows simple directions
  - Shows interest in pictures
  - Can identify 1-2 body parts when named
- By 18 months:
  - Responds to questions
  - Repeats words overheard in conversation
  - Continues to produce speech-like babbling
  - Points at familiar objects and people in pictures
  - Responds to yes/no questions with head shake/nod

## Feeding

- Increases variety of coarsely chopped table foods
- Holds and drinks from a cup

## 19– 24 Month Milestones

### Communication

- By 21 Months:
  - Uses at least 50 words
  - Understands new words quickly



# Developmental Checklist

- Consistently imitates new words
- Names objects and pictures
- Understands simple pronouns (me, you, my)
- Identifies 3-5 body parts when named
- By 24 months:
- Uses gestures and words during pretend play
- Beginning to use 2 word phrases
- Uses simple pronouns (me, you, my)
- Understands action words
- Enjoys listening to stories
- Follows 2-step related directions e.g. "Pick up your coat and bring it to me"

## 2- 3 Year Milestones

### Communication

- By 30 months:
- Consistently uses 2-3 word phrases
- Uses "in" and "on"
- At least 50% of speech is understood by caregiver
- Follow 2-step unrelated directions, e.g. "give me the ball and go get your coat"
- Understands basic nouns and pronouns
- Understands "mine" and "yours"
- By 36 months:
- Ask "what" and "where" questions
- Uses plurals, e.g. "dogs"
- Most speech is understood by caregiver
- Simple understanding of concepts including color, space, time
- Understands "why" questions
- Understands most simple sentences

*NOTICE: This checklist was created in reference to the Center for Disease Control and Prevention Developmental Milestones and Pathways.org Free Milestones Resources. It is not intended to diagnose or treat developmental delay. Its intended use is strictly for informal screening of child development.*

[http://www.cdc.gov/ncbddd/actearly/pdf/checklists/all\\_checklists.pdf](http://www.cdc.gov/ncbddd/actearly/pdf/checklists/all_checklists.pdf)  
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