



Milestones




We do it all for kids.



Important parent ideas:

- Keep a notebook for your concerns and observations.
- Review this chart and check the signs you see in your baby. It's ok to check boxes in any/all columns.
- Share your concerns with your child's doctor or health care professional.

Age group	Typical speech development*	Typical play development*	Typical physical development*	Signs to watch for in physical development*
<p>By 3 months</p> 	<ul style="list-style-type: none"> ■ Sucks and swallows well during feeding ■ Quiets or smiles in response to sound or voice ■ Coos or vocalizes other than crying ■ Turns head toward direction of sound 	<p>(While lying on their back)</p> <ul style="list-style-type: none"> ■ Visually tracks a moving toy from side to side ■ Attempts to reach for a rattle held above their chest ■ Keeps head in the middle to watch faces or toys 	<p>(While lying on their tummy)</p> <ul style="list-style-type: none"> ■ Pushes up on arms ■ Lifts and holds head up 	<ul style="list-style-type: none"> ■ Difficulty lifting head ■ Stiff legs with little or no movement ■ Pushes back with head ■ Keeps hands fisted and lacks arm movement
<p>By 6 months</p> 	<ul style="list-style-type: none"> ■ Begins to use consonant sounds in babbling, e.g., "dada" ■ Uses babbling to get attention ■ Begins to eat cereals and pureed foods 	<ul style="list-style-type: none"> ■ Reaches for a nearby toy while on their tummy <p>(While lying on their back)</p> <ul style="list-style-type: none"> ■ Transfers a toy from one hand to the other ■ Reaches both hands to play with feet 	<ul style="list-style-type: none"> ■ Uses hands to support self in sitting ■ Rolls from back to tummy ■ While standing with support, accepts entire weight with legs 	<ul style="list-style-type: none"> ■ Rounded back ■ Unable to lift head up ■ Poor head control ■ Difficult to bring arms forward to reach out ■ Arches back and stiffens legs ■ Arms held back ■ Stiff legs

Age group	Typical speech development*	Typical play development*	Typical physical development*	Signs to watch for in physical development*
<p>By 9 months</p> 	<ul style="list-style-type: none"> Increases variety of sounds and syllable combinations in babbling Looks at familiar objects and people when named Begins to eat junior and mashed table foods 	<ul style="list-style-type: none"> In a high chair, holds and drinks from a bottle Explores and examines an object using both hands Turns several pages of chunky (board) book at once In simple play, imitates others 	<ul style="list-style-type: none"> Sits and reaches for toys without falling Moves from tummy or back into sitting Creeps on hands and knees with alternate arm and leg movement 	<ul style="list-style-type: none"> Uses one hand predominately Rounded back Poor use of arms in sitting Difficulty crawling Uses only one side of body to move Inability to straighten back Cannot take weight on legs
<p>By 12 months</p> 	<ul style="list-style-type: none"> Meaningfully uses "mama" and "dada" Responds to simple commands, e.g., "come here" Produces long strings of gibberish (jargoning) in social communication Begins to use an open cup 	<ul style="list-style-type: none"> Finger feeds self Releases objects into a container with a large opening Uses thumb and pointer finger to pick up tiny objects 	<ul style="list-style-type: none"> Pulls to stand and cruises along furniture Stands alone and takes several independent steps 	<ul style="list-style-type: none"> Difficulty getting to stand because of stiff legs and pointed toes Only uses arms to pull up to standing Sits with weight to one side Strongly flexed or stiffly extended arms Needs to use hand to maintain sitting
<p>By 15 months</p> 	<ul style="list-style-type: none"> Vocabulary consists of five to ten words Imitates new, less familiar words Understands 50 words Increases variety of coarsely chopped table foods 	<ul style="list-style-type: none"> Stacks two objects or blocks Helps with getting undressed Holds and drinks from a cup 	<ul style="list-style-type: none"> Walks independently and seldom falls Squats to pick up toy 	<ul style="list-style-type: none"> Unable to take steps independently Poor standing balance, falls frequently Walks on toes