



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

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