

CHILD DEVELOPMENTAL MILESTONES

0-72 MONTH CHECKLIST



meeting 
milestones

Developmental Milestones

Cognitive

- ☐ Watches an object move slowly through line of sight
- ☐ Brings hands to mouth
- ☐ Looks back and forth between two objects
- ☐ Inspects own hands
- ☐ Mouths toys
- ☐ Sees black and white objects from 8-12 inches away

Social- Emotional

- ☐ Looks at adults face
- ☐ Enjoys and needs lots of physical contact
- ☐ Recognizes familiar faces and objects
- ☐ Stops crying when talked to, picked up, or comforted
- ☐ Expresses feelings such as anger, excitement, and hunger
- ☐ Shows comfort when picked up

Adaptive

- ☐ Forms a tight seal around nipple when sucking
- ☐ Swallows liquids with no difficulties
- ☐ Coordinates sucking, swallowing, and breathing
- ☐ Enjoys baths

0-3 MONTH CHECKLIST

Communication

- ☐ Startled by loud noises
- ☐ Cries when hungry or uncomfortable
- ☐ Turns head towards voice
- ☐ Makes noises other than crying
- ☐ Differentiated cry for fatigue, hunger, and pain
- ☐ Coos when spoke to by caregiver
- ☐ First smile
- ☐ Makes eye contact

Physical Development

- ☐ Bears weight through feet when held in standing (8wks+)
- ☐ When laying on back, brings hands together
- ☐ When laying on stomach, raises head and chest briefly
- ☐ Rotates head from cheek to cheek on tummy
- ☐ Pushes through forearms on tummy
- ☐ In supported seating position, reaches for and grasps an object
- ☐ Holds small objects in each hand, one at a time
- ☐ Rolls from side to back
- ☐ Fair head control when held (8wks+)
- ☐ Stretches and kicks legs on back
- ☐ Opens and closes hands

Developmental Milestones

Cognitive

- ☐ Repeats arm and leg movements to cause an action to occur again
- ☐ Explores objects in a variety of ways
- ☐ Pulls clothes from face
- ☐ Intentionally drops an object and watches it fall
- ☐ Shakes a rattle placed in hands
- ☐ Brings feet & hands to mouth to play
- ☐ Reaches with either hand and can hold a toy
- ☐ Tracks toys while on back

Social- Emotional

- ☐ Comforts self (i.e. sucking thumb or hand)
- ☐ Expresses desire to be picked up
- ☐ Smiles at or pats own image in the mirror
- ☐ Interacts differently with caregivers and strangers
- ☐ Initiates social contact
- ☐ Becomes aware of new environments

Adaptive

- ☐ Swallows puree foods
- ☐ Shows definite likes and dislikes of various foods
- ☐ Sucks hand and thumb

3-6 MONTH CHECKLIST

Communication

- ☐ Laughs out loud
- ☐ Briefly stops activity when name is called
- ☐ Vocalizes pleasure and displeasure
- ☐ Imitates sounds
- ☐ Makes noises when talked to
- ☐ Starts to babble
- ☐ Coos to music

Physical Development

- ☐ Transfers an objects from one hand to the other
- ☐ Bangs two objects together
- ☐ Sits for at least 5 seconds with hips supported
- ☐ Rolls from back to stomach
- ☐ Rolls from back to side
- ☐ Good head control & able to hold in midline
- ☐ Straightens arms & bear weight on palms during tummy time
- ☐ Supports whole weight on legs
- ☐ Begins to pivot to left and right while on belly

- ☐ Uses tongue to move food around in mouth
- ☐ Closes lips when swallowing
- ☐ Recognized bottle and places hands on it

Developmental Milestones

Cognitive

- ☐ Imitates familiar actions (i.e. claps hands)
- ☐ Finds objects that are partially hidden
- ☐ Transfers objects from one hand to the other to pick up second toy
- ☐ Moves to get toy
- ☐ Persists in effort to obtain object
- ☐ Plays with a single toy for about 2-3 minutes
- ☐ Smiles at reflection in mirror
- ☐ Able to hold and play with a toy in sitting

Social- Emotional

- ☐ Extends arms to familiar person
- ☐ Show preference to certain toys, activities, or places
- ☐ Expresses affection
- ☐ Responds differently to children and adults
- ☐ Enjoys playing peek-a-boo
- ☐ Looks at family members when named

6-9 MONTH CHECKLIST

Communication

- ☐ Responds with appropriate gestures to “up”, “bye bye” or other routines
- ☐ Produces three or more consonants
- ☐ Moves body to music
- ☐ Uses word for parent or caregiver discriminately
- ☐ Pitch and intonation vary
- ☐ Babbling using a variety of sounds
- ☐ Says “mama” or “dada”

Physical Development

- ☐ Sits independently
- ☐ Walks sideways while holding onto furniture
- ☐ Picks up small objects using thumb and forefinger
- ☐ Uses arms to move forward on belly
- ☐ Pokes with index finger
- ☐ Pull to stands alone while holding onto something (i.e. furniture)
- ☐ Moves from back to sitting without assistance
- ☐ Gets from sitting to crawling position
- ☐ Bounces in standing (7mo+)
- ☐ Army crawls & pivots on belly

Adaptive

- ☐ Closes lips to remove food from spoon
- ☐ Sleeps through the night
- ☐ Holds or supports bottle to drink
- ☐ Purposely pulls off socks
- ☐ Feeds self finger foods

Developmental Milestones

Cognitive

- ☐ Looks at picture in a book
- ☐ Rolls wheeled toys
- ☐ Touches adults to have that person start or continue interesting game or interaction
- ☐ Removes rings from ring stack toy
- ☐ Realizes objects continue to exist even when they cannot be seen

Social- Emotional

- ☐ Imitates facial expressions, actions, and sounds
- ☐ Repeats activity that elicits positive response from others
- ☐ Brings toys to share with caregiver
- ☐ Plays well for a brief time in groups of two or three children
- ☐ Uses blanket or soft toy for comfort

Adaptive

- ☐ Chews texture foods
- ☐ Drinks from sippy cup independently
- ☐ Cooperates in dressing and undressing
- ☐ Drinks from open cup or glass held by adult
- ☐ Cooperates with hand washing
- ☐ Starts to finger feed

9-12 MONTH CHECKLIST

Communication

- ☐ Follows simple spoken commands ("give daddy the ball")
- ☐ Responds to "where" questions
- ☐ Can point to five or more familiar animals, persons, or toys
- ☐ Spontaneously says familiar greetings and farewells
- ☐ Briefly stops activity when told "no"
- ☐ Imitates simple gestures and sounds

Physical Development

- ☐ Scribbles spontaneously
- ☐ Walks three or more steps with assistance
- ☐ Can stay standing if holding on
- ☐ Independent standing for 3-5 seconds
- ☐ 4-point crawls (emerges after 3-4 weeks of army crawling)
- ☐ Holds crayon or pencil in adaptive fashion
- ☐ Moves from standing to sitting in coordinated fashion
- ☐ Demonstrates controlled starts and stops in walking
- ☐ Transitions from bear crawl to stand (11mo+)
- ☐ Throws toys
- ☐ Walks with both hands held

Developmental Milestones

Cognitive

- ☐ Looks at picture book with adult
- ☐ Places a small object into small container
- ☐ Demonstrates use of everyday items
- ☐ Combines two related objects during play (i.e. bowl & spoon)
- ☐ Manages three or four toys by setting one aside when given a new toy
- ☐ Understands colors
- ☐ Identifies themselves in mirrors

Social- Emotional

- ☐ Separates from caregiver in familiar setting without crying
- ☐ Attempts to comfort others in distress
- ☐ Wants to do many things without help
- ☐ Enjoys simple make-believe
- ☐ When faced with novel situation, look to caregiver for reassurance

Adaptive

- ☐ Stirs with a spoon
- ☐ Fusses when diaper needs changed
- ☐ Helps with simple household tasks
- ☐ Tries to wash own hands and face
- ☐ Can use a straw
- ☐ Turns pages in books

12-18 MONTH CHECKLIST

Communication

- ☐ Follows directions about placing an item "in" and "on" another
- ☐ Has a word, sound, or sign for drink
- ☐ Points to at least three body parts when asked
- ☐ Indicates "yes" or "no" in response to questions
- ☐ Throws temper tantrums
- ☐ Understands pointing
- ☐ Uses 10-15 words
- ☐ Uses pointing or gestures to communicate

Physical Development

- ☐ Uses one hand consistently in most activities
- ☐ Can squat then stand again maintaining balance
- ☐ Creeps backwards down steps
- ☐ Climbs low play equipment
- ☐ Scribbles on paper and uses one hand to hold paper in place when drawing
- ☐ Walks independently
- ☐ Throws ball
- ☐ Begins to run (stiff legs and eyes focused on the ground)

Developmental Milestones

Cognitive

18-24 MONTH CHECKLIST

- ☐ Shows pride in accomplishments
- ☐ Listens quietly to story, music, movie, or TV
- ☐ Sings familiar songs
- ☐ Uses “please” and “thank you”- may need to be reminded
- ☐ Asks for assistance when having difficulty
- ☐ Expresses range of emotions

Social- Emotional

- ☐ Spontaneously names five or more objects
- ☐ Uses a substitute object to represent real one (i.e. uses stick as a brush)
- ☐ Can match items to corresponding pictures
- ☐ Inserts shapes into matching slots
- ☐ Matches animals to sounds each makes
- ☐ Stacks six to seven blocks
- ☐ Plays independently

Communication

- ☐ Names familiar characters seen on TV or in movies
- ☐ Uses two-word phrases (“more milk”)
- ☐ Can point to 15 or more pictures of common objects when they are named
- ☐ Knows the names of at least two friends
- ☐ Can identify at least six body parts
- ☐ Identifies animal sounds
- ☐ Tries to sing along to simple songs

Physical Development

- ☐ Can walk backwards
- ☐ Imitates circular, vertical, and horizontal strokes
- ☐ Throws a ball overhand with relative accuracy
- ☐ Walks upstairs with alternating feet
- ☐ Kicks a ball
- ☐ Squats to pick up a toy and return to standing without falling
- ☐ Stands on tip toes

Adaptive

- ☐ Removes loose clothing such as a jacket or shirt without assistance
- ☐ Uses handle or knob to open doors
- ☐ Puts on simple clothing independently
- ☐ Uses spoon independently
- ☐ Puts familiar objects away
- ☐ Unzips zippers

Developmental Milestones

Cognitive

24-30 MONTH CHECKLIST

- ☐ Repeats finger play with words and action
- ☐ Can tell own age
- ☐ Understands “one”, “one more” and “all”
- ☐ Matches simple shapes (circle, square, and triangle)
- ☐ Identifies rooms in own home
- ☐ Names pictures in books
- ☐ Imaginary play
- ☐ Listens to short stories

Social- Emotional

- ☐ Looks at people when speaking with them
- ☐ Usually takes turns
- ☐ Recognizes when another person is happy or sad
- ☐ Avoids common dangers
- ☐ Claims certain articles as being his or her own

Communication

- ☐ Whispers
- ☐ Identifies common objects described by their use (“show me what you eat with”)
- ☐ Uses sentences of three or more
- ☐ Understands negatives (“which is not...”)
- ☐ Uses some regular plurals (boys)

Physical Development

- ☐ Walks swinging arms and legs in cross pattern (like adult)
- ☐ Catches balls, trapping against chest
- ☐ Jumps in place with feet together
- ☐ Rolls, pounds, and squeezes clay
- ☐ Uses adult grasp when holding a pencil

Adaptive

- ☐ Takes off own shoes, socks, and loose pants
- ☐ Sits on the toilet for at least 1 minute supervised
- ☐ Washes and dries hands and face
- ☐ Shows care when handling an infant or small animal
- ☐ Uses a fork to stab food
- ☐ Independent in daily routines

Developmental Milestones

Cognitive

30-36 MONTH CHECKLIST

- ☐ Understands “big” and “little”
- ☐ States whether boy or girl
- ☐ Stacks rings on peg in order of size
- ☐ Can count to five
- ☐ Completes three to four piece puzzles
- ☐ Can match objects by color, shape, and size
- ☐ Builds bridge using three blocks

Social- Emotional

- ☐ Shows affection to younger children by hugging and kissing
- ☐ Repeats rhymes, songs, or dances for others
- ☐ Changes activities when requested
- ☐ Interacts appropriately with others during group activities
- ☐ Shows independence (i.e. doesn't want to hold hands)

Communication

- ☐ Can describe what he or she is doing
- ☐ Responds to “who” and “whose” questions
- ☐ Asks “what” or “where” questions
- ☐ Understands “besides” and “under”
- ☐ Uses 200 words by age 3

Physical Development

- ☐ Threads small beads on string
- ☐ Snips paper with scissors
- ☐ Walks forward heel to toe
- ☐ Stands on one foot for a few seconds
- ☐ Kicks a stationary ball at least 6 feet

Adaptive

- ☐ Can pour milk/juice with some assistance
- ☐ Daytime control of toileting needs, occasional accidents
- ☐ Gets drink of water unassisted
- ☐ Brushes teeth independently
- ☐ Knows where own possessions are kept

Developmental Milestones

Cognitive

- ☐ Understands “same” and “different”
- ☐ Matches objects that have the same function (spoon, fork)
- ☐ Understands “heavy” and “light”
- ☐ Understands “more” and “less”
- ☐ Sorts objects by physical characteristics (color or shape)

Social- Emotional

- ☐ Shares toys
- ☐ Plays board/card games
- ☐ Volunteers for tasks
- ☐ Quiets down after active play
- ☐ Participates in circle games

Adaptive

- ☐ Manipulates large buttons or snaps
- ☐ Covers mouth and nose when coughing and sneezing
- ☐ Hangs clothes in designated location
- ☐ Cleans up spills
- ☐ Completes simple errands

36-42 MONTH CHECKLIST

Communication

- ☐ Names primary colors
- ☐ Can state full name
- ☐ Can answer questions when told a short story
- ☐ Uses contractions
- ☐ Uses regular past tense forms
- ☐ Uses pronouns

Physical Development

- ☐ Copies drawing a cross
- ☐ Hops forward on one foot
- ☐ Hammers pegs
- ☐ Runs around objects, turns corners
- ☐ Jumps forward with feet together at least 20 inches

Developmental Milestones

Cognitive

42-48 MONTH CHECKLIST

- ☐ Retells story from picture book
- ☐ Can build pyramid of six blocks
- ☐ Draws people
- ☐ Can copy own name
- ☐ Draws a face with at least three features

Social- Emotional

- ☐ Returns objects to their appropriate place
- ☐ Accepts friendly teasing
- ☐ Can explain rules of a game to others
- ☐ Expresses anger with words rather than physical actions
- ☐ Shows empathy of others

Adaptive

- ☐ Dresses independently (aside from shoe tying)
- ☐ Serves self at the table
- ☐ Often wants privacy in the bathroom
- ☐ Can answer “what to do if” questions
- ☐ Fastens seat belt independently

Communication

- ☐ Uses facial expressions and body language to demonstrate emotions
- ☐ Understands passive sentences (“show me the car was pushed by the truck”)
- ☐ Makes statement about cause and effect
- ☐ Can define at least five simple words
- ☐ Can tell how simple objects are used

Physical Development

- ☐ Copies a square
- ☐ Gallops
- ☐ Can jump over low objects
- ☐ Glues neatly
- ☐ Walks down steps with one handrail using alternating feet
- ☐ Hops on one foot
- ☐ Stands on one foot for 5 seconds
- ☐ Swings independently

Developmental Milestones

Cognitive

48-54 MONTH CHECKLIST

- ☐ Identifies “first” “last” and “middle”
- ☐ Distinguishes between real and make-believe
- ☐ Understands the concept of “zero”
- ☐ Identifies “half” and “whole” objects
- ☐ Names at least 20 letters

Social- Emotional

- ☐ Offers item or activity to another in exchange for an item or activity
- ☐ Accepts valid criticism
- ☐ Asks before using another’s belongings
- ☐ Talks about own feelings

Adaptive

- ☐ Crosses street safely
- ☐ Requests food to be passed at the table
- ☐ Knows which shoe goes on which foot
- ☐ Puts dirty dishes in sink or dishwasher
- ☐ Adjusts water temperature for bath or shower

Communication

- ☐ Identifies rhyming words
- ☐ Completes simple verbal analogies “ice is cold; fire is ___”
- ☐ Can state similarities between objects “how are juice and milk alike?”
- ☐ Uses possessives
- ☐ Uses sentences of five or more words

Physical Development

- ☐ Can cut a straight line
- ☐ Balances on one foot
- ☐ Swings on swing maintaining own momentum
- ☐ Can rapidly touch each finger to thumb
- ☐ Turns a somersault

Developmental Milestones

Cognitive

54-60 MONTH CHECKLIST

- ☐ Draws a person with six recognizable parts
- ☐ Matches number of items to correct numeral
- ☐ Recognizes a few printed words
- ☐ Can predict what will happen next
- ☐ Prints first name without a model

Social- Emotional

- ☐ Offers assistance to others
- ☐ Helps with group projects
- ☐ Says "excuse me" to interrupt politely
- ☐ Likes competitive games
- ☐ Responds with appropriate affect or action in social situations

Communication

- ☐ Responds to questions involving time concepts ("when do you eat dinner?")
- ☐ Generates complex sentences
- ☐ Tells familiar stories without picture cues
- ☐ Can give at least three descriptive words that characterize an object
- ☐ Participates in group discussion

Physical Development

- ☐ Bounces and catches a tennis ball
- ☐ Colors within lines
- ☐ Can do at least three sit-ups
- ☐ Jumps sideways with feet together
- ☐ Cuts out a square

Adaptive

- ☐ Selects clothing appropriate for temperature and occasion
- ☐ Makes own bed
- ☐ Completes toileting tasks (pulling bottoms & underwear up/down, going to the bathroom, wiping, flushing toilet) independently
- ☐ Combs or brushes hair
- ☐ Brushes teeth independently

Developmental Milestones

Cognitive

- ☐ Counts up to 20 objects
- ☐ Draws 5 or more identifiable objects
- ☐ Tells month and day of birth
- ☐ Writes first and last name from memory
- ☐ States use of at least three body parts ("what do you do with your eyes?")
- ☐ Reads 10 or more words

Social- Emotional

- ☐ Apologizes if hurt someone's feelings
- ☐ Completes pencil/paper games
- ☐ Remains calm when small requests are denied
- ☐ Answers the phone, remembers a simple message, and delivers it to the correct person
- ☐ Works alone on chores for 20 minutes

60-72 MONTH CHECKLIST

Communication

- ☐ Uses irregular plurals
- ☐ Knows what you do in each season
- ☐ Tells simple jokes
- ☐ Identifies left and right on own body
- ☐ Uses "yesterday" and "tomorrow"
- ☐ Can identify at least three units of currency

Physical Development

- ☐ Skips
- ☐ Copies a diamond
- ☐ Cuts out simple geometric shapes
- ☐ Drops a ball and kicks it forward before it hits the floor
- ☐ Can dribble an 8 to 10 inch ball using one hand

Adaptive

- ☐ Makes a simple breakfast and lunch
- ☐ Sets and clears table independently
- ☐ Uses table knife to spread
- ☐ Takes shower or bath independently
- ☐ Dusts furniture

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