Milestones

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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*
By 3 months	❑ 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	(While lying on their back) ❑ 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	(While lying on their tummy) ❑ Pushes up on arms ❑ Lifts and holds head up	❑ Difficulty lifting head ❑ Stiff legs with little or no movement ❑ Pushes back with head ❑ Keeps hands fisted and lacks arm movement
By 6 months	❑ Begins to use consonant sounds in babbling, e.g., "dada" ❑ Uses babbling to get attention ❑ Begins to eat cereals and pureed foods	❑ Reaches for a nearby toy while on their tummy (While lying on their back) ❑ Transfers a toy from one hand to the other ❑ Reaches both hands to play with feet	❑ Uses hands to support self in sitting ❑ Rolls from back to tummy ❑ While standing with support, accepts entire weight with legs	❑ 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

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By 9 months	❑ 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	❑ 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	❑ 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	❑ 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
By 12 months	❑ 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	❑ Finger feeds self ❑ Releases objects into a container with a large opening ❑ Uses thumb and pointer finger to pick up tiny objects	❑ Pulls to stand and cruises along furniture ❑ Stands alone and takes several independent steps	❑ 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
By 15 months	❑ Vocabulary consists of five to 10 words ❑ Imitates new, less familiar words ❑ Understands 50 words ❑ Increases variety of coarsely chopped table foods	❑ Stacks two objects or blocks ❑ Helps with getting undressed ❑ Holds and drinks from a cup	❑ Walks independently and seldom falls ❑ Squats to pick up toy	❑ Unable to take steps independently ❑ Poor standing balance, falls frequently ❑ Walks on toes