

Developmental Milestones from Birth-5 years

Age	Speech and Language	Fine Motor	Gross Motor
0-3 months	<ul style="list-style-type: none"> • Startles to loud sounds • Seems to recognize your voice • Makes sounds (going or cooing) • Cries differently for different needs • Smiles when sees you • Makes consonant sounds like "h" and "g" or "m" 	<ul style="list-style-type: none"> • Reflexive grasp (palmar grasp) at birth • Grasps rattle/small toy placed in hand • Holds hand open or with loose fists (2-3 months) • Brings hands to mouth • Begins to demonstrate smoother movement with arms • Eye crossing decreases 	<ul style="list-style-type: none"> • Props on forearms on belly • Lifts head to 90 degrees on belly • Turns head in both directions
4-7 months	<ul style="list-style-type: none"> • May make consonant sounds like "p" "b" or long and short vowel sounds (e.g. long "e" short "u") • Babbling including "baba" • Puts different speech sounds together (e.g. "bee" "daa") • Moves eyes in direction of sound • Notices toys that make noise/music 	<ul style="list-style-type: none"> • Holds bottle • Reaches for/grasps/mouths objects • Uses raking motion to obtain small objects • Plays with hands and feet • Transfers objects between hands • Shakes rattle/toys • Swings at dangling toys • Follows objects with eyes 	<ul style="list-style-type: none"> • Rolls belly to back/back to belly • Props on extended arms on belly • Sits unsupported • Begins to transition to quadruped
8-11 months	<ul style="list-style-type: none"> • Begins to imitate speech sounds and other sounds • Produces more consonant sounds and repeats syllables over and over (e.g. bababa) • Produces first words (e.g. mama) • Listens when spoken to • Produces jargon 	<ul style="list-style-type: none"> • Uses pincer grasp (picks up small objects between thumb and index finger) • Points toward objects • Plays pat-a-cake/claps hands • Waves bye-bye • Throws objects • Takes objects out of a container • Bangs objects together 	<ul style="list-style-type: none"> • Crawls • Kneels independently • Pulls to stand • Transitions from standing to sitting
12-18 months	<ul style="list-style-type: none"> • Imitates simple sound combinations (e.g. "mah" "bah") • May attempt to imitate new or simple words • May use the same sound combinations for different words (e.g. "ba" for "ball") • Uses between 5-7 meaningful words (around 12 months) • Produces consonant-vowel combinations (e.g. "me") and consonant-vowel-consonant-vowel combinations (e.g. "daddy") • Uses real words mixed with jargon • Recognizes words for common items (e.g ball, cup) • Responds to simple commands including "come here" 	<ul style="list-style-type: none"> • Feeds self small finger foods • Uses index finger to point • Dumps objects out and puts objects In a container • Extends arm or leg to help with dressing • Able to place simple shapes (circle/square) in puzzle • Drinks from a cup • Turns pages of a book • Scribbles with a crayon • Stacks two blocks • Pulls off socks/hat • Pushes & pulls objects • Places shapes in shape sorter 	<ul style="list-style-type: none"> • Transitions from floor to standing independently • Stands unsupported • Walks independently • Climbs up stairs on hands and feet • Descends stairs by creeping or sitting • Begins to climb into chairs

Age	Speech and Language	Fine Motor	Gross Motor
18-24 months	<ul style="list-style-type: none"> • 2 word phrases emerge • Begins using consonant-vowel-consonant words (e.g. "hat") • Begins to talk about events by using words and jargon • Expressive vocabulary is steadily increasing • Uses a full range of vowels and consonant sounds in speech • Points to a few body parts when asked. • Follows simple commands and understands simple questions • Listens to simple stories, songs, and rhymes • Begins to point to pictures in a book when named 	<ul style="list-style-type: none"> • Feeds self with spoon • Uses a fork • Imitates lines with a crayon • Pushes/pulls/dumps out objects • Begins to remove clothing items • Begins to copy lines and draw circles with a crayon • Builds tower of 4 or more blocks • Increasingly imitates hand gestures • Begins to string large beads 	<ul style="list-style-type: none"> • Squats to play • Attempts to jump in place • Ascends and descends stairs step to step with handrail and hand held • Runs • Walks to kick stationary ball
2 nd year	<ul style="list-style-type: none"> • Says words clearly and a majority of speech is understood • Uses 2-3 word sentences • Can say "p", "b", "m", "h", "n", "w", "t", "d", "k", "g", and "ng" • Follows 2 step directions • Listens to stories for longer periods of time 	<ul style="list-style-type: none"> • Removes most clothing • Completes puzzles with 4 or more pieces • Copies vertical and horizontal lines • Imitates a circle with a crayon • Turns pages in a book one at a time • Builds a tower of more than 6 blocks • Screws and unscrews lid on a container/turn doorknob 	<ul style="list-style-type: none"> • Attempts to stand on one foot • Walks upstairs with handrail alternating feet • Descends stairs step to step • Jumps in place with both feet simultaneously • Pedals a tricycle • Catches large ball
3 rd year	<ul style="list-style-type: none"> • Speaks in simple sentences • Vocabulary increases to 900-1000 words • Produces most vowel sounds • Answers simple "Who?" "What?" and "Where?" questions • Uses pronouns and plural words • Understands words for colors and shapes 	<ul style="list-style-type: none"> • Dresses and undresses self with help • Colors with awareness of designated area • Copies a cross • Cuts across a piece of paper with scissors • Begins to draw a person • Manipulates play-doh well 	<ul style="list-style-type: none"> • Gallops • Stands on one foot up to 4 seconds • Hops on one foot 2-4 times • Catches large bounced ball • Kicks slow rolling ball
4 th year	<ul style="list-style-type: none"> • Uses up to 1500 words • utterances are longer and more complex • more complicated syntax and concepts are used including use of past tenses, adjectives, pronouns and prepositions • Begins to comment on what others are saying • Can follow multistep directions without objects present 	<ul style="list-style-type: none"> • Dresses independently with assistance for some fasteners • Builds a tower of 9-10 small blocks • Copies simple block designs • Imitates drawing a square and diagonal lines • Traces lines • Starts to hold a pencil more like an adult • Cuts along a straight line • Manages buttons 	<ul style="list-style-type: none"> • Stands on one foot >10 seconds • Hops on one foot 10 times • Begins to skip • Pumps legs on swing • Throws small ball overhand