



PROGRAMS FOR INFANTS & CHILDREN, INC.

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MILESTONE MAP

**1
MONTH**
*looks at
faces*



**2
MONTHS**
*coos and
makes sounds*

**4
MONTHS**
*recognizes
familiar
people*



**6
MONTHS**
*recognizes
own name*

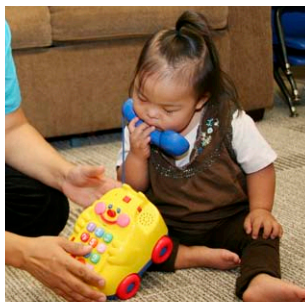
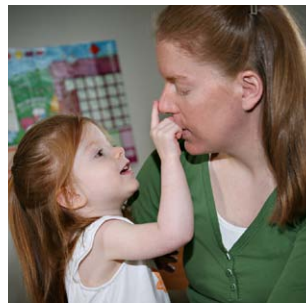


**9
MONTHS**
*pulling up
to stand*

**12
MONTHS**
*copies
gestures*



**18
MONTHS**
*saying many
words*



**2
YEARS**
*follows simple
directions*

**3
YEARS**
*dresses
themselves*



**4
YEARS**
*plays with
other children*

**5
YEARS**
*wants to be
like friends*

WHAT MOST BABIES DO BY 2 MONTHS AGE:

Social and Emotional

- Begins to smile at people
- Can briefly calm himself such as bringing hands to mouth to suck on hand
- Tries to look at parent

Language/Communication

- Coos and makes gurgling sounds
- Turns head toward sounds

Cognitive (learning, thinking, problem-solving)

- Pays attention to faces
- Begins to follow things with eyes and recognize people at a distance
- Begins to act bored such as crying if activity does not change

Movement/Physical Development

- Can hold head up and begins to push up when lying on tummy
- Makes smoother movements with arms and legs

Talk to your child's doctor or call PIC if your child at 2 months of age:

- *Does not respond to loud sounds*
- *Does not watch things as they move*
- *Does not smile at people*
- *Does not bring hands to mouth*
- *Cannot hold head up when pushing up when on tummy*

WHAT MOST BABIES DO BY 4 MONTHS OF AGE:

Social and Emotional

- Smiles spontaneously especially at people
- Likes to play with people and might cry when playing stops
- Copies some movements and facial expressions such as smiling or frowning

Language/Communication

- Begins to babble
- Babbles with expression and copies sounds he hears
- Cries in different ways to show hunger, pain, tiredness

Cognitive (learning, thinking, problem-solving)

- Lets you know if she is happy or sad
- Responds to affection
- Reaches for toy with one hand
- Uses hands and eyes together such as seeing a toy and reaching for it
- Follows moving things with eyes from side to side
- Watches faces closely
- Recognizes familiar people and things at a distance

Movement/Physical Development

- Holds head steady unsupported
- Pushes down on legs when feet are on a hard surface
- May be able to roll over from tummy to back
- Can hold a toy and shake it and swing at dangling toys
- Brings hands to mouth
- When lying on stomach pushes up to elbows

Talk to your child's doctor or call PIC if your child at 4 months of age:

- *Does not watch things as they move*
- *Does not smile at people*
- *Cannot hold head steady*
- *Does not coo or make sounds*
- *Does not bring things to mouth*
- *Does not push down with legs when feet are placed on a hard surface*
- *Has trouble moving one or both eyes in all directions*



WHAT MOST BABIES DO BY 6 MONTHS OF AGE:

Social and Emotional

- Knows familiar faces and begins to know if someone is a stranger
- Likes to play with others especially parents
- Responds to other people's emotions and often seems happy
- Likes to look at self in a mirror

Language/Communication

- Responds to sounds by making sounds
- Strings vowels together when babbling such as "ah," "eh," "oh"
- Likes taking turns with parent while making sounds
- Responds to own name
- Makes sounds to show joy and displeasure
- Begins to say consonant sounds such as jabbering with "m" and "b"

Cognitive (learning, thinking, problem-solving)

- Looks around at things nearby
- Brings things to mouth
- Shows curiosity and tries to get things that are out of reach
- Begins to pass things from one hand to the other

Movement/Physical Development

- Rolls over in both directions from front to back and back to front
- Begins to sit without support
- When standing, supports weight on legs and might bounce
- Rocks back and forth sometimes crawling backward before moving forward

Talk to your child's doctor or call PIC if your child at 6 months of age:

- Does not try to get things that are in reach
- Shows no affection for caregivers
- Does not respond to sounds around him
- Has difficulty getting things to mouth
- Does not make vowel sounds such as "ah", "eh", "oh"
- Does not roll over in either direction
- Does not laugh or make squealing sounds
- Seems very stiff with tight muscles
- Seems very floppy like a rag doll

WHAT MOST BABIES DO BY 9 MONTHS OF AGE:

Social and Emotional

- May be afraid of strangers
- May be clingy with familiar adults
- Has favorite toys

Language/Communication

- Understands "no"
- Makes a lot of different sounds such as "mama", "dada"
- Copies sounds and gestures of others
- Uses fingers to point at things

Cognitive (learning, thinking, problem-solving)

- Watches the path of something as it falls
- Looks for things he sees you hide
- Plays peek-a-boo
- Puts things in her mouth
- Moves things smoothly from one hand to the other
- Picks up things like cereal o's between thumb and index finger

Movement/Physical Development

- Stands holding onto something
- Can get into sitting position
- Sits without support
- Pulls to stand
- Crawls

Talk to your child's doctor or call PIC if your child at 9 months of age:

- Does not bear weight on legs with support
- Does not sit with help
- Does not babble such as "mama", "dada"
- Does not play any games involving back-and-forth play
- Does not respond to own name
- Does not seem to recognize familiar people
- Does not look where you point
- Does not transfer toys from one hand to the other



WHAT MOST TODDLERS DO BY 12 MONTHS OF AGE:

Social and Emotional

- Is shy or nervous with strangers
- Cries when mom or dad leaves
- Has favorite things and people
- Shows fear in some situations
- Hands you a book when he wants to hear a story
- Repeats sounds or actions to get attention
- Puts out arm or leg to help with dressing
- Plays games such as “peek-a-boo” and “pat-a-cake”

Language/Communication

- Responds to simple spoken requests
- Uses simple gestures, like shaking head “no” or waving “bye-bye”
- Makes sounds with changes in tone
- Says “mama” and “dada” and exclamations like “uh-oh!”
- Tries to say words you say

Cognitive (learning, thinking, problem-solving)

- Explores things in different ways such as shaking, banging, throwing
- Finds hidden things
- Looks at the right picture or thing when it is named

- Copies gestures
- Starts to use things correctly such as drinks from a cup, brushes hair
- Bangs two things together
- Puts things in a container, takes things out of a container
- Can put and pick up object such as rattle, blanket
- Pokes with index (pointer) finger
- Follows simple directions such as “pick up the toy”

Movement/Physical Development

- Gets into a sitting position without help
- Pulls up to stand, walks holding on to furniture (“cruising”)
- May take a few steps without holding on
- May stand alone

Talk to your child's doctor or call PIC if your child at 12 months of age:

- *Does not crawl*
- *Cannot stand when supported*
- *Does not search for things that she sees you hide*
- *Does not say single words like “mama” or “dada”*
- *Does not learn gestures like waving or shaking head*
- *Does not point to things*
- *Loses skills he once had*

WHAT MOST TODDLERS DO BY 18 MONTHS OF AGE:

Social and Emotional

- Likes to hand things to others as play
- May have temper tantrums
- May be afraid of strangers
- Shows affection to familiar people
- Plays simple pretend such as feeding a doll
- May cling to caregivers in new situations
- Points to show others something interesting
- Explores alone but with parent close by

Language/Communication

- Says several single words
- Says and shakes head “no”
- Points to show someone what he wants

Cognitive (learning, thinking, problem-solving)

- Knows what ordinary things are for such as telephone, brush, spoon
- Points to get the attention of others
- Shows interest in a doll or stuffed animal by pretending to feed
- Points to one body part
- Scribbles on his own

- Can follow one-step verbal commands without any gestures such as sits when you say “sit down”

Movement/Physical Development

- Walks alone
- May walk up steps and run
- Pulls toys while walking
- Can help undress herself
- Drinks from a cup
- Eats with a spoon

Talk to your child's doctor or call PIC if your child at 18 months of age:

- *Does not point to show things to others*
- *Cannot walk*
- *Does not know what familiar things are for*
- *Does not copy others*
- *Does not gain new words*
- *Does not have at least six words*
- *Does not notice or mind when a caregiver leaves or returns*
- *Loses skills he once had*



WHAT MOST TODDLERS DO BY **2 YEARS** OF AGE:

Social and Emotional

- Likes to hand things to others as play
- May have temper tantrums
- May be afraid of strangers
- Shows affection to familiar people
- Plays simple pretend such as feeding a doll
- May cling to caregivers in new situations
- Points to show others something interesting
- Explores alone but with parent close by

Language/Communication

- Says several single words
- Says and shakes head “no”
- Points to show someone what he wants

Cognitive (learning, thinking, problem-solving)

- Knows what ordinary things are for such as telephone, brush, spoon
- Points to get the attention of others
- Shows interest in a doll or stuffed animal by pretending to feed
- Points to one body part

- Scribbles on his own
- Can follow one-step verbal commands without any gestures such as sits when you say “sit down”

Movement/Physical Development

- Walks alone
- May walk up steps and run
- Pulls toys while walking
- Can help undress herself
- Drinks from a cup
- Eats with a spoon

Talk to your child’s doctor or call PIC if your child at 2 years of age:

- *Does not point to show things to others*
- *Cannot walk*
- *Does not know what familiar things are for*
- *Does not copy others*
- *Does not gain new words*
- *Does not have at least six words*
- *Does not notice or mind when a caregiver leaves or returns*
- *Loses skills he once had*

WHAT MOST TODDLERS DO BY **3 YEARS** OF AGE:

Social and Emotional

- Copies adults and friends
- Shows affection for friends without prompting
- Takes turns in games
- Shows concern for crying friend
- Understands the idea of “mine”, “his”, “hers”
- Shows a wide range of emotions
- Separates easily from mom and dad
- May get upset with major changes in routine
- Dresses and undresses self

Language/Communication

- Follows instructions with two or three steps
- Can name most familiar things
- Understands words such as “in”, “on”, “under”
- Says first name, age, and gender
- Names a friend
- Says words such as I, me, we, you, and some plurals such as cars, dogs, cats
- Talks well enough for strangers to understand most of the time
- Carries on a conversation using two-to-three word sentences

Cognitive (learning, thinking, problem-solving)

- Can work toys with buttons, levers, and moving parts
- Plays make-believe with dolls, animals, and people

- Does puzzles with three or four pieces
- Understands what the word two means
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Builds towers of more than six blocks
- Screws and unscrews jar lids or turns door handle

Movement/Physical Development

- Climbs well
- Runs easily
- Pedals a tricycle (three-wheel bike)
- Walks up and down stairs, one foot on each step

Talk to your child’s doctor or call PIC if your child at 3 years of age:

- *Falls down a lot or has trouble with stairs*
- *Drools or has very unclear speech*
- *Cannot work simple toys such as peg boards, simple puzzles, turning handles*
- *Does not speak in sentences*
- *Does not understand simple instructions*
- *Does not play pretend or make-believe*
- *Does not want to play with other children or with toys*
- *Does not make eye contact*
- *Loses skills he once had*



WHAT MOST TODDLERS DO BY 4 YEARS OF AGE:

Social and Emotional

- Enjoys doing new things
- Plays “mom” and “dad”
- Is more and more creative with make-believe play
- Would rather play with other children than by himself
- Cooperates with other children
- Often cannot tell what is real and what is make-believe
- Talks about what she likes and what she is interested in

Language/Communication

- Knows some basic rules of grammar, such as correctly using “he”, “she”
- Sings a song or says a poem from memory such as the “Itsy Bitsy Spider”, the “Wheels on the Bus”
- Tells stories
- Can say first and last name

Cognitive (learning, thinking, problem-solving)

- Names some colors and some numbers
- Understands the idea of counting
- Starts to understand time
- Remembers parts of a story
- Understands the idea of “same” and “different”
- Draws a person with two-to-four body parts
- Uses scissors

- Starts to copy some capital letters
- Plays board or card games
- Tells you what he thinks is going to happen next in a book

Movement/Physical Development

- Hops and stands on one foot up to two seconds
- Catches a bounced ball most of the time
- Pours, cuts with supervision, and mashes own food

Talk to your child’s doctor or call PIC if your child at 4 years of age:

- *Cannot jump in place*
- *Has trouble scribbling*
- *Shows no interest in interactive games or make-believe*
- *Ignores other children or does not respond to people outside the family*
- *Resists dressing, sleeping, and using the toilet*
- *Cannot retell a favorite story*
- *Does not follow three-part commands*
- *Does not understand “same” and “different”*
- *Does not use “me” and “you” correctly*
- *Speaks unclearly*
- *Loses skills he once had*

WHAT MOST TODDLERS DO BY 5 YEARS OF AGE:

Social and Emotional

- Wants to please friends
- Wants to be like friends
- More likely to agree with rules
- Likes to sing, dance, and act
- Shows concern and sympathy for others
- Is aware of gender
- Can tell what is real and what is make-believe
- Shows more independence such as visiting a neighbor by himself, with adult supervision

Language/Communication

- Speaks very clearly
- Tells a simple story using full sentences
- Uses future tense such as “Grandma will be here tomorrow”
- Says name and address

Cognitive (learning, thinking, problem-solving)

- Counts ten or more things
- Can draw a person with at least six body parts
- Can print some letters or numbers
- Copies a triangle and other geometric shapes
- Knows about things used every day such as money and food

Movement/Physical Development

- Stands on one foot for ten seconds or longer
- Hops and may be able to skip
- Can do a somersault
- Uses a fork and spoon and sometimes a table knife
- Can use the toilet on her own
- Swings and climbs

Talk to your child’s doctor or call PIC if your child at 5 years of age:

- *Does not show a wide range of emotions*
- *Shows extreme behavior such as unusually fearful, aggressive, shy, or sad*
- *Unusually withdrawn and not active*
- *Is easily distracted and has trouble focusing on one activity for more than five minutes*
- *Does not respond to people or responds only superficially*
- *Cannot tell what is real and what is make-believe*
- *Does not play a variety of games and activities*
- *Cannot give first and last name*
- *Does not use plurals or past tense properly*
- *Does not talk about daily activities or experiences*
- *Does not draw pictures*
- *Cannot brush teeth, wash and dry hands, or get undressed without help*
- *Loses skills he once had*

