

Developmental Checklist – 1 to 3 months

Movement

- Raises head and chest when lying on stomach (3 mos.)
- Supports upper body with arms when lying on stomach (3 mos.)
- Stretches legs out when lying on stomach or back (2-3 mos.)
- Opens and shuts hands (2-3 mos.)
- Pushes down on legs when feet are placed on firm surface (3 mos.)

Visual

- Watches face intently (2-3 mos.)
- Follows moving objects (2 mos.)
- Recognizes familiar objects and people at a distance (3 mos.)
- Starts using hands and eyes in coordination (3 mos.)

Hearing and Speech

- Smiles at the sound of voice (2-3 mos.)
- Cooing noises; vocal play begins at 3 months.
- Attends to sound (1-3 mos.)
- Startles to loud noises (1-3 mos.)

Social/Emotional

- Begins to develop a social smile (1-3 mos.)
- Enjoys playing with other people and may cry when playing stops (2-3 mos.)
- Becomes more communicative and expressive with face and body (2-3 mos.)
- Imitates some movements and facial expressions

Development Red Flags – 1 to 3 months

- Doesn't seem to respond to loud noises
- Doesn't follow moving objects with eyes by 2 to 3 months
- Doesn't smile at the sound of your voice by 2 months
- Doesn't grasp and hold objects by 3 months
- Doesn't smile at people by 3 months
- Cannot support his head well at 3 months
- Doesn't reach for and grasp toys by 3 to 4 months
- Doesn't bring objects to mouth by 4 months
- Doesn't push down with legs when feet are placed on a firm surface by 4 months
- Has trouble moving one or both eyes in all directions
- Crosses eyes most of the time (occasional crossing of the eyes is normal in the first months)

Developmental Checklist – 4 to 7 months

Movement

- Pushes up on extended arms (5 mos.)
- Pulls to sitting with no head lags (5 mos.)
- Sits with support of his hands (5-6 mos.)
- Sits unsupported for short periods (6-8 mos.)
- Supports his/her whole weight on his/her legs (6-7 mos.)
- Grasps feet (6 mos.)
- Transfers objects from hand to hand (6-7 mos.)
- Uses raking grasp (not pincer) (6 mos.)

Visual

- Looks for toy beyond tracking range (5-6 mos.)
- Tracks moving objects with ease (4-7 mos.)
- Grasps objects dangling in front of them (5-6 mos.)
- Looks for fallen toys (5-7 mos.)

Language

- Distinguishes emotions by tone of voice (4-7 mos.)
- Responds to sound by making sounds (4-6 mos.)
- Uses voice to express joy and displeasure (4-6 mos.)
- Syllable repetition begins (5-7 mos.)

Cognitive

- Finds partially hidden objects (6-7 mos.)
- Explores with hands and mouth (4-7 mos.)
- Struggles to get objects that are out of reach (5-7 mos.)

Social/Emotional

- Enjoys social play (4-7 mos.)
- Interested in mirror images (5-7 mos.)
- Responds to other people's expression of emotion (4-7 mos.)

Development Red Rlags – 4 to 7 months

- Seems very stiff, tight muscles
- Seems very floppy, like a rag doll
- Head still flops back when body is pulled to sitting position (by 5 months still exhibits head lag)
- Shows no affection for the person who cares for him/her
- Doesn't seem to enjoy being around people
- One or both eyes consistently turn in and out
- Persistent tearing, eye drainage, or sensitivity to light
- Does not respond to sounds around him
- Has difficulty getting objects to mouth
- Does not turn his head to locate sounds by 4 months
- Doesn't roll over (stomach to back) by 6 months
- Cannot sit with help by 6 months (not by themselves)
- Does not laugh or make squealing sounds by 5 months
- Does not actively reach for objects by 6 months
- Doesn't follow objects with both eyes
- Doesn't bear some weight on legs by 5 months

Developmental Checklist – 8 to 12 months

Movement

- Gets to sitting position without assistance (8-10 mos.)
- Crawls forward on belly
- Assumes hand and knee position
- Creeps on hands and knees
- Gets from sitting to crawling or prone (Lying on stomach) position (10-12 mos.)
- Pulls self up to standing position
- Walks holding on to furniture
- Stands momentarily without support
- May walk two or three steps without support

Hand and Finger Skills

- Uses pincer grasp (7-10 mos.)
- Bangs two cubes together
- Puts objects into container (10-12 mos.)
- Takes objects out of container (10-12 mos.)
- Pokes with index finger
- Tries to imitate scribbling

Cognitive

- Explores objects in many different ways (shaking, banging, throwing, dropping) (8-10 mos.)
- Finds hidden objects easily (10-12 mos.)
- Looks at correct picture when image is named
- Imitates gestures (9-12 mos.)

Language Milestones

- Responds to simple verbal requests
- Responds to “no”
- Makes simple gestures such as shaking head for “no” (8-12 mos.)
- Babbles (8-10 mos.)
- Babbles “dada” and “mama” (8-10 mos.)
- Says “dada” and “mama” for specific person (11-12 mos.)
- Uses exclamations such as “oh-oh”

Social/Emotional

- Shy or anxious with strangers (8-12 mos.)
- Cries when mother or father leaves (8-12 mos.)
- Enjoys imitating people in play (10-12 mos.)
- Shows specific preferences for certain people and toys (8-12 mos.)
- Prefers mother and/or regular care provider over all others (8-12 mos.)
- Repeats sounds or gestures for attention (10-12 mos.)
- Finger-feeds themselves (8-12 mos.)
- Extends arm or leg to help when being dressed

Development Red Flags – 8 to 12 months

- Does not crawl
- Drags one side of body while crawling (for over one month)
- Cannot stand when supported
- Does not search for objects that are hidden (10-12 mos.)
- Says no single word (“dada” or “mama”)
- Does not learn to use gestures such as waving or shaking head
- Does not sit steadily by 10 months
- Does not show interest in “peek-a-boo or patty cake” by 8 months
- Does not babble by 8 months
- Does not babble by 8 months (“da da”, “ba ba”, “ma ma”)

Developmental Checklist – 12 to 24 months

Movement

- Walks alone (12-16 mos.)
- Pulls toys behind him while walking (13-16 mos.)
- Carries large toys or several toys while walking (12-15 mos.)
- Begins to run stiffly (16-18 mos.)
- Walks into ball (18-24 mos.)
- Climbs onto and down from furniture unsupported (16-24 mos.)
- Walks up and down stairs holding on to support (18-24 mos.)

Hand and Finger Skills

- Scribbles spontaneously (14-16 mos.)
- Turns over container to pour out contents (12-18 mos.)
- Building tower of four blocks or more (20-24 mos.)

Language

- Points to objects or picture when it's named for them (18-24 mos.)
- Recognizes names of familiar people, objects, and body parts (18-24 mos.)
- Says several single words (15-18 mos.)
- Uses two word sentences (18-24 mos.)
- Follows simple one step instructions (14-18 mos.)
- Repeats words overheard in conversations (16-18 mos.)

Cognitive

- Finds objects even when hidden under two or three covers
- Begins to sort shapes and colors (20-24 mos.)
- Begins make-believe play (20-24 mos.)

Social

- Imitates behavior of others, especially adults and older children (18-24 mos.)
- Increasingly enthusiastic about company or other children (20-24 mos.)
- Demonstrates increasing independence (18-24 mos.)
- Begins to show defiant behavior (18-24 mos.)
- Episodes of separation anxiety increase toward midyear, then fade

Development Red Flags – 12 to 24 months

- Cannot walk by 18 months
- Fails to develop a mature heel-toe walking pattern after several months of walking, or walks exclusively on his toes
- Does not speak at least fifteen words by 18 months
- Does not use two word sentences by age 2
- By 15 months does not seem to know the function of common household objects (brush, telephone, bell, fork, spoon)
- Does not imitate actions or words by 24 months
- Does not follow simple one-step instructions by 24 months

Developmental Checklist – 24 to 26 months

Movement

- Climbs well (24-30 mos.)
- Walks down stairs alone, placing both feet on each step (26-28 mos.)
- Walks up stairs alternating feet with support (24-30 mos.)
- Swings leg to kick ball (24-30 mos.)
- Runs easily (24-26 mos.)
- Pedals tricycle (30-36 mos.)
- Bends over easily without falling (24-30 mos.)
- Understands physical relationship (on, in, under) (30-36 mos.)
- Can say name, age, and sex (30-36 mos.)
- Uses pronouns (i, you, me, we, they) (24-30 mos.)
- Strangers can understand most of his/her words (30-36 mos.)

Hand and Finger Skills

- Makes vertical, horizontal, circular strokes with pencil or crayon (30-36 mos.)
- Turns book pages one at a time (24-30 mos.)
- Builds a tower of more than six blocks (24-30 mos.)
- Holds a pencil in writing position (30-36 mos.)
- Screws and unscrews jar lids, nuts, and bolts (24-30 mos.)
- Turns rotating handles (24-30 mos.)
- Matches an object in his hands or room to a picture in a book (24-30 mos.)
- Plays make-believe with dolls, animals, and people (24-36 mos.)
- Sorts objects by color (30-36 mos.)
- Completes puzzles with three or four pieces (24-36 mos.)
- Understands concept of “two” (26-32 mos.)

Language

- Recognizes and identifies almost all common objects and pictures (26-32 mos.)
- Understands most sentences (24-40 mos.)
- Social/Emotional
- By 3, separates easily from parents
- Expresses a wide range of emotions (24-36 mos.)
- Objects to major changes in routine (24-36 mos.)

Development Red Flags – 24 to 36 months

- Frequent falling and difficulty with stairs
- Persistent drooling or very unclear speech
- Inability to build a tower of more than four blocks
- Difficulty manipulating small objects
- Inability to copy a circle by 3
- Inability to communicate in short phrases
- No involvement in pretend play
- Failure to understand simple instructions
- Little interest in other children
- Extreme difficulty separating from primary caregiver

Developmental Checklist – 3 to 4 years

Movement (by the end of age 3)

- Hops and stands on one foot up to five seconds
- Goes upstairs and downstairs without support
- Kicks ball forward
- Throws ball overhand
- Catches bounced ball most of the time
- Moves forward and backward
- Uses riding toys

Hand and Finger Skills (by the end of age 3)

- Copies square shapes
- Draws a person with two to four body parts
- Uses scissors
- Draws circles and squares
- Begins to copy some capital letters
- Can feed self with spoon

Language Milestone (by the end of age 3)

- Understands the concept of “same” and “different”
- Has mastered some basic rules of grammar
- Speaks in sentences of five to six words
- Asks questions
- Speaks clearly enough for strangers to understand
- Tells stories

Cognitive Milestone (by the end of age 3)

- Correctly names some colors
- Understands the concept of counting and may know a few numbers
- Begins to have a clearer sense of time
- Follows three part commands
- Recalls parts of stories
- Understands the concept of same/different
- Engages in fantasy play
- Understands causality (“i can make things happen”)

Social Milestone (by the end of age 3)

- Interested in new experiences
- Cooperates/plays with other children
- Plays “mom” or “dad”
- More inventive in fantasy play
- Dresses and undresses
- More independent

Emotional Milestone (by the end of age 3)

- Often cannot distinguish between fantasy and reality
- May have imaginary friends or see monsters

Development Red Rlags – 3 to 4 years

- Cannot jump in place
- Cannot ride a trike
- Cannot grasp a crayon between thumb and fingers
- Has difficulty scribbling
- Cannot copy a circle
- Cannot stack four blocks
- Still clings or cries when parents leave him
- Shows no interest in interactive games
- Ignores other children
- Doesn't respond to people outside the family
- Doesn't engage in fantasy play
- Resists dressing, sleeping, using the toilet
- Lashes out without self-control when angry or upset
- Doesn't use sentences of more than three words
- Doesn't use “me” or “you” appropriately

Developmental Checklist – 4 to 5 years

Movement (by the end of age 4)

- Stands on one foot for 10 seconds or longer
- Hops, somersaults
- Swings, climbs
- May be able to skip

Milestone in Hand and Finger Skills (by the end of age 4)

- Copies triangle and other geometric patterns
- Draws person with body
- Prints some letters
- Dresses and undresses without assistance
- Uses fork, spoon
- Usually cares for own toilet needs

Language Milestone (by the end of age 4)

- Recalls parts of a story
- Speaks sentences of more than five words
- Uses future tense
- Tells longer stories
- Says name and address

Cognitive Milestone (by the end of age 4)

- Can count 10 or more objects
- Correctly names at least four colors
- Better understands the concept of time
- Knows about things used every day in the home (money, food, etc.)

Social Milestone (by the end of age 4)

- Wants to please and be with friends
- More likely to agree to rules
- Likes to sing, dance, and act
- Shows more independence

Development Red Rlags – 4 to 5 years

- Exhibits extremely aggressive, fearful or timid behavior
- Is unable to separate from parents
- Is easily distracted and unable to concentrate on any single activity for more than five minutes
- Shows little interest in playing with other children
- Refuses to respond to people in general
- Rarely uses fantasy or imitation in play
- Seems unhappy or sad much of the time
- Avoids or seems aloof with other children and adults
- Doesn't express a wide range of emotions
- Has trouble eating, sleeping, or using the toilet
- Can't differentiate between fantasy and reality
- Seems unusually passive
- Cannot understand two part commands and prepositions (ex: "put the cup on the table")
- Can't give first and last name
- Doesn't use plurals or past tense
- Cannot build a tower of six to eight blocks
- Seems uncomfortable holding a crayon
- Has trouble taking off clothing
- Cannot brush teeth or wash and dry hands