



0-3 Month Milestones Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Motor		
While lying on tummy, lifts and holds head up		
While lying on tummy, pushes up on arms		
Able to move fists from open to fist		
Able to bring hands to mouth		
Moves legs and arms off of surface when excited		
Sensory		
While lying on back, moves eyes to visually track objects		
Attempts to reach for a toy held above their chest		
While lying on back, keeps head centered to watch faces or toys		
Able to calm with rocking, touching, and gentle sounds		
Is not upset by everyday sounds		
Enjoys a variety of movements		
Communication		
Turns head towards sound or voice		
Quiets or smiles when spoken to		
Shows interest in faces		
Makes eye contact		
Cries differently for different needs (e.g. hungry vs. tired)		
Coos and vocalizes other than crying		
Feeding		
Turns head toward nipple or bottle		
Tongue moves forward and back to suck		
Drinks 2 oz. to 6 oz. of liquid per feeding, 6 times per day		
Sucks and swallows well during feeding		



4-6 Month Milestones Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Motor		
Uses hands to support self while sitting		
Rolls from back to tummy and tummy to back		
While standing with support, accepts entire weight with legs		
Reaches for toys while on tummy		
While lying on back, reaches both hands to play with feet		
Uses both hands to explore toys		
Sensory		
While lying on back, transfers a toy from one hand to the other		
Brings hands and objects to mouth		
Generally happy when not hungry or tired		
Able to calm with rocking, touching, and gentle sounds		
Is not upset by everyday sounds		
Enjoys a variety of movements		
Communication		
Fears loud or unexpected noises		
Listens and responds when spoken to		
Begins to babble with p, b, and m sounds		
Begins to babble with constant sounds		
Uses babbling to get attention		
Makes different kinds of sounds to express feelings		
Imitates sounds and facial expressions		
Notices toys that make sounds		

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4-6 Month Milestones Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Feeding		
Shows interest in food		
Begins to eat cereals and pureed foods		
Opens mouth as spoon approaches		
Moves pureed food from front of mouth to back		



7-9 Month Milestones Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Motor		
Sits and reaches for toys without falling		
Moves from tummy or back into sitting		
Creeps on hands and knees with alternate leg movement		
Uses both hands to explore toys		
Picks up head and pushes through elbows during Tummy Time		
Turns head to visually track objects		
Shows more control while rolling, sitting, and scooting		
Starts to crawl and pull to a stand		
Enjoys a variety of movements – bouncing up and down, rocking back and forth		
Picks up small objects with thumbs and fingers		
Tries to lean towards, reach for, and throw toys		
In simple play imitates others		
Sensory		
Explores and examines an object using both hands and mouth		
Turns several pages of a chunky board book at once		
Experiments with the amount of force needed to pick up different objects		
Focuses on objects near and far		
Investigates shapes, sizes, and textures of toys and surroundings		
Observes environment from a variety of positions – while lying on back or tummy, sitting, crawling, and standing with assistance		

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7-9 Month Milestones Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Communication		
Uses increased variety of sounds and syllable combinations in babbling		
Looks at familiar objects and people when named		
Recognizes sound of their name		
Participates in two-way communication		
Begins using hand movements to communicate wants and needs, e.g. reaches to be picked up		
Follows some routine commands when paired with gestures		
Distinguishes between familiar and unfamiliar voices		
Shows recognition of commonly used words		
Mimics facial expressions and gestures		
Shows interest when looking or pointing		
Responds to name		
Feeding		
Holds and drinks from a bottle		
Places pacifier in mouth		
Begins transition from milk or formula to infant cereal		
Begins to eat junior and mashed table foods		
Enjoys chew toys that can massage sore & swollen gums during teething		
Feels full longer after eating more solid foods		



10-12 Month Milestones Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Motor		
Pulls to stand and cruises along furniture		
Stands alone and takes several steps with independent steps		
May start to walk independently		
Moves in and out of various positions to explore environment and get desired toys		
Sits unsupported and is able to turn head to look at objects without losing balance		
Maintains balance when throwing objects		
Claps hands		
Looks around while body is in motion		
Cranes neck to see around a corner or other obstacle		
Releases objects into a container with a large opening		
Uses thumb and pointer finger to pick up tiny objects		
Sensory		
Enjoys listening to songs		
Enjoys different textures from food, blankets, mud, paint etc.		
Explores toys with fingers and mouth		
Crawls to or away from sounds coming from a distance		
Crawls to or away from objects baby sees in the distance		

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10-12 Month Milestones Checklist

It is important to look at your child’s overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Communication		
Meaningfully uses “mama” or “dada”		
Responds to simple directions, e.g. “Come here”		
Produces long strings of gibberish (called jargonizing) in social communication		
Says one or two words		
Imitates speech sounds		
Babbling has sounds and rhythms of speech		
Understands up to 50 words		
Pays attention to where you are looking and pointing		
Cries and notices when hurt		
Feeding		
Finger feeds self		
Eating an increasing variety of food		
Ready to try soft-cooked vegetables, soft fruits, and finger foods (teething biscuits, cooked pasta)		
Might be ready to start self-spoon feeding		
Enjoys a greater variety of smells and tastes		
Is developing more teeth and better control of tongue and lips		
Begins to use an open cup		



13-18 Month Milestones Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Motor		
Walks independently		
Squats to pick up a toy		
Stacks two objects		
Helps with getting dress/undressed		
Sensory		
Has a regular sleep schedule		
Is able to enjoy a wide variety of touch, noises, and smells		
Eats an increasing variety of foods		
Communication		
Combines sounds and gestures		
Imitate words and actions		
Consistently follows simple directions		
Shows interest in pictures		
Can identify 1-2 body parts when named		
Uses 20 words (mostly nouns)		
Responds to questions		
Continues to produce speech-like babbling		
Points at familiar objects and people in pictures		
Understands "in" and "on"		
Responds to yes/no questions with head shake/nod		
Understands up to 50 words		
Feeding		
Increases variety of coarsely chopped table foods		
Holds and drinks from a cup		



19-24 Month Milestones Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Communication		
Uses at least 50 words		
Uses words more than gestures		
Beginning to use 2 word phrases		
Uses simple pronouns (me, you, my)		
Understands more than 300 words		
Understands action words		
Enjoys listening to stories		



2-3 Year Milestones Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Communication		
Consistently uses 2-3 word phrases		
Uses "in" and "on"		
At least 50% of speech is understood by caregiver		
Follow 2-step directions, e.g. "pick up your coat and bring it to me"		
Understands basic nouns, verbs, pronouns		
Understands "mine" and "yours"		
Ask "what" and "where" questions		
Uses plurals, e.g. "dogs"		
Most speech is understood by caregiver		