

# M I L E S T O N E S



## GROSS MOTOR      FINE MOTOR      SPEECH

BY 4 MONTHS

- \_\_\_ Puts weight on forearms when on belly
- \_\_\_ Plays with feet
- \_\_\_ Holds Head in Midline
- \_\_\_ Rolls from back to side
- \_\_\_ Bring hands together when laying on back

- \_\_\_ Grasps rattle when placed in hand
- \_\_\_ Reaches towards and touches toy
- \_\_\_ Hits at dangling objects with hands
- \_\_\_ Responds to a smile with a smile
- \_\_\_ Likes looking at a human face most

- \_\_\_ Sucks from breast or bottle
- \_\_\_ Cooing: vowel sounds
- \_\_\_ Vocalizes some sounds
- \_\_\_ Produces a variety of facial expressions

BY 6 MONTHS

- \_\_\_ Sits alone for short periods
- \_\_\_ Begins to belly crawl
- \_\_\_ Rolls back to belly and belly to back
- \_\_\_ Grabs feet and brings to mouth
- \_\_\_ On belly props up on straight elbows

- \_\_\_ Reaches for a toy when playing on belly
- \_\_\_ Holds a toy and shakes it
- \_\_\_ Puts fingers in mouth
- \_\_\_ Holds hands open at least 1/2 of the time
- \_\_\_ Smiles at self in mirror
- \_\_\_ Holds bottle/bangs spoon/drinks from open cup with help

- \_\_\_ Cup drinking is introduced
- \_\_\_ Soft, smooth solids
- \_\_\_ Moves chewed food to center of mouth before swallowing

BY 9 MONTHS

- \_\_\_ Maintains sitting for at least 60 seconds with hands free to play
- \_\_\_ Crawls independently
- \_\_\_ Hands and knees, reciprocal pattern
- \_\_\_ Pulls to stand from the floor
- \_\_\_ Walks with 2 hands held

- \_\_\_ Waves bye bye
- \_\_\_ Releases objects intentionally
- \_\_\_ Feeds self finger foods
- \_\_\_ Bangs a toy on the floor
- \_\_\_ Passes a small object between hands
- \_\_\_ Uses pincer grasp

- \_\_\_ Babbles the same sounds
- \_\_\_ Responds to "no"
- \_\_\_ Vocalizes different syllables
- \_\_\_ Tolerates smooth solid foods
- \_\_\_ Makes sounds while eating with food in mouth

BY 12 MONTHS

- \_\_\_ Cruises along furniture
- \_\_\_ Independent standing
- \_\_\_ Gets into and out of sitting
- \_\_\_ Corrals a ball with arms and hands in sitting
- \_\_\_ Transitions sit to stand and stand to sit
- \_\_\_ Squats to pick up toys

- \_\_\_ Grasp thick crayon or pencil in fist, scribbles
- \_\_\_ Points with index finger
- \_\_\_ Helps to pull off simple clothing
- \_\_\_ Puts objects into others
- \_\_\_ Pulls shoes off
- \_\_\_ Uses spoon, messy

- \_\_\_ Feeds self with fingers
- \_\_\_ Babbles using different sounds
- \_\_\_ Takes turns vocalizing
- \_\_\_ Points/gestures
- \_\_\_ Tolerates coarsely chopped food

# M I L E S T O N E S



## GROSS MOTOR

## FINE MOTOR

## SPEECH

BY 18 MONTHS

- Walks independently with arms at side
- Walks up/down 3-4 steps with railing
- Walks backward 5 steps
- Throws a ball while maintaining balance
- Rides a push bike

- Turns a container to pour or dump contents
- Turns page of a cardboard book
- Turns a small knob
- Gets spoon in mouth right-side up
- Helps to dress and undress self
- Puts large round pegs into pegboard

- Uses 10-12 words
- Combines 2 words ("all done")
- Names at least 5 items
- Responds to "yes/no"
- Retrieves objects from another room when asked

BY 24 MONTHS  
(2 YEARS)

- Stoops down to retrieve toy and returns to standing
- Jumps down from low surface
- Jumps forward about 4 inches
- Goes up stairs without rail (both feet on each step)
- Throws ball 3 feet in air
- Kicks ball 3 feet forward

- Drinks from cup independently
- Zips/unzips easy zippers
- Uses play dough, paint and paper
- Imitates vertical, horizontal and circular marks
- Builds a 4-6 block tower
- Works 3 piece puzzles

- Frequently uses 2-word phrases
- Demonstrates verbal turn taking
- Has at least 100 words
- Eats table foods with mixed textures

BY 30 MONTHS  
(2 1/2 YEARS)

- Stands on one foot for 3 seconds (hands on hips)
- Jumps forward 24 inches
- Jumps down 24 inches
- Catches a large ball
- Throws ball underhand

- Washes hands by self
- Hand preference established
- Imitates vertical line
- Strings beads
- Cuts across a 6 in. piece of paper
- Spontaneously draws strokes, dots and circles
- Stacks 7-8 small blocks

- Gives first name
- Answers "where" questions
- Uses 3-4 word utterances
- Identifies object by function
- Responds to greetings
- Has approximately 450 words

BY 36 MONTHS  
(3 YEARS)

- Walks up stairs without a rail (one foot on each step)
- Rides a tricycle
- Hops 3 times on one foot
- Kicks a large ball in place
- Jumps over objects, 2 feet off floor

- Grasps pencil with thumb and fingers instead of fist
- Screws/unscrews jar lids
- Eats with form (with spillage)
- Pours accurately from one container to another
- Cuts on a straight line (6 in.)

- Has about 1000 words
- Converses in sentences
- Asks questions
- Responds to "wh-" questions
- Is 75% intelligible

# M I L E S T O N E S

## GROSS MOTOR

## FINE MOTOR

## SPEECH

BY 48 MONTHS  
(4 YEARS)

- Stands on 1 foot for 5 seconds (hands on hip)
- Hops 5-8 times on each foot
- Rides a 2-wheeled bike with training wheels
- Walks backward on a line over 4 feet
- Jumps forward 30 inches

- Puts socks on correctly
- Colors almost entirely within lines of circle
- Draws a person with 3 different body parts
- Dresses and undresses without much help
- Static tripod grasp on pencil
- Cuts out a square

- Uses 4-5 word sentences
- Understands time concepts
- Uses contractions (don't)
- Follows multi-step directions including "who" and "why"

BY 60 MONTHS  
(5 YEARS)

- Completes sit-ups
- Able to skip
- Completes jumping jacks
- Rides a 2-wheeler without training wheels
- Completes push-ups
- Stands on one foot for 10 seconds

- Copies and cuts a square
- Copies color/shape sequence
- Zips most zippers
- Traces around own hand with a crayon
- Completes simple dot to dot pictures
- Dynamic tripod grasp on pencil
- Copies triangle, prints name, copies most uppercase/lowercase letters

- Uses a variety of sentences
- Vocabulary of 2000 words
- Can tell a story with a plot
- Is 90-100% intelligible
- Asks questions to get more information

BY 6 YEARS

- Runs with speed and endurance (6-10 years)
- Throws ball well at long distances
- Catches ball with accuracy

- Cuts a variety of shapes (6-7 years)
- Throws ball well at long distances
- Catches ball with accuracy

- Asks/answers factual and inferential questions
- Gives directions
- Follows 3-step directions and multi-step unrelated commands
- Demonstrates listening comprehension by recalling information and responding to instruction

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