

MILESTONES

GROSS MOTOR

FINE MOTOR

SPEECH

- ___ 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

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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

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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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