0-3 Month Milestones Checklist

All our milestones are supported by American Academy of Pediatrics findings. Use this checklist to track your child's development. If you notice your child isn't meeting any of their milestones, bring this checklist to your healthcare provider to discuss your observations and concerns.

	Yes	No
Motor		
While lying on tummy, pushes up on arms		
While lying on tummy, lifts and holds head up		
Able to move fists from closed to open		
Able to bring hands to mouth		
Moves legs and arms off of surface when excited		
Sensory		
While lying on back, visually tracks a moving toy from side to side		
While lying on back, 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		
Enjoys a variety of movements		
Communication		
Makes eye contact		
Cries differently for different needs (e.g. hungry vs. tired)		
Coos and smiles		
Turns head towards sound or voice		
Quiets or smiles in response to sound or voice		
Shows interest in faces		
Feeding		
Latches onto 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		

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4-6 Month Milestones Checklist

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	Yes	No
Motor		
Reaches for toys while on tummy		
While lying on back, transfers toy from hand to the other		
While lying on back, reaches both hands to play with feet		
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		
Sensory		
Uses both hands to explore toys		
Generally happy when not hungry or tired		
Brings hands and objects to mouth		
Able to calm with rocking, touching, and gentle sounds		
Is not upset by everyday sounds		
Enjoys a variety of movements		
Communication		
Begins to use consonant sounds in babbling, e.g. "da, da, da"		
Makes different kinds of sounds to express feelings		
Uses babbling to get attention		
Listens and responds when spoken to		
Reacts to sudden noises or sounds		
Notices toys that make sounds		

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4-6 Month Milestones Checklist

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

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7-9 Month Milestones Checklist

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	Yes	No
Motor		
Sits without support		
Sits and reaches for toys without falling		
Moves from tummy or back into sitting		
Starts to move with alternate leg and arm movement e.g. creeping, crawling		
Picks up head and pushes through elbows during Tummy Time		
Turns head to visually track objects while sitting		
Shows more control while rolling and sitting		
Picks up small objects with thumbs and fingers		
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		
Enjoys a variety of movements – bouncing up and down, rocking back and forth		

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7-9 Month Milestones Checklist

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	Yes	No
Communication		
Imitates sounds		
Uses increased variety of sounds and syllable combinations in babbling		
Participates in two-way communication		
Recognizes sound of their name		
Looks at familiar objects and people when named		
Follows some routine commands when paired with gestures		
Shows recognition of commonly used words		
Simple gestures, e.g. shaking head for "no"		
Feeding		
In a high chair, holds and drinks from a bottle		
Begins to eat thicker pureed and mashed table foods		
Enjoys chew toys that can massage sore and swollen gums during teething		
Stays full longer after eating		
Starts to look and reach for objects, such as food, that is nearby		
Shows strong reaction to new smells and tastes		

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10-12 Month Milestones Checklist

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	Yes	No
Motor		
Releases objects into a container with a large opening		
Uses thumb and pointer finger to pick up tiny objects		
Pulls to stand and cruises along furniture		
Stands alone and takes several independent steps		
Moves in and out of various positions to explore environment and get desired toys		
Maintains balance in sitting when throwing objects		
Claps hands		
Sensory		
Enjoys listening to songs		
Explores toys with fingers and mouth		
Crawls to or away from objects baby sees in the distance		

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10-12 Month Milestones Checklist

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	Yes	No
Communication		
Meaningfully uses "mama" or "dada"		
Imitates speech sounds		
Babbling has sounds and rhythms of speech		
Responds to "no"		
Responds to simple directions, e.g. "Come here"		
Pays attention to where you are looking and pointing		
Produces long strings of gibberish (jargoning) in social communication		
Says one or two words		
Begins using hand movements to communicate wants and needs, e.g. reaches to be picked up		
Feeding		
Finger feeds self		
Eating an increasing variety of food		
Begins to use an open cup		
Ready to try soft-cooked vegetables, soft fruits, and finger foods (banana slices, cooked pasta)		
Might be ready to start self feeding with utensils		
Enjoys a greater variety of smells and tastes		

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13-18 Month Milestones Checklist

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	Yes	No
Motor		
Walks independently and seldom falls		
Squats to pick up a toy		
Stacks two objects or blocks		
Sensory		
Has a regular sleep schedule		
Helps with getting dressed/undressed		
Eats an increasing variety of foods		
Communication - By 15 Months		
May use 5-10 words		
Imitates simple words and actions		
Combines sounds and gestures		
Consistently follows simple directions		
Shows interest in pictures		
Can identify 1-2 body parts when named		
Understands 50 words		

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13-18 Month Milestones Checklist

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	Yes	No
Communication - By 18 Months		
May use 5-10 words		
Imitates simple words and actions		
Combines sounds and gestures		
Consistently follows simple directions		
Shows interest in pictures		
Can identify 1-2 body parts when named		
Understands 50 words		
Feeding		
Increases variety of coarsely chopped table foods		
Holds and drinks from a cup		

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19-24 Month Milestones Checklist

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	Yes	No
Communication - By 21 Months		
Uses at least 50 words		
Consistently imitates new words		
Names objects and pictures		
Understands simple pronouns (me, you, my)		
Understands new words quickly		
Identifies 3-5 body parts when named		

	Yes	No
Communication - By 24 Months		
Uses gestures and words during pretend play		
Begins to use 2 word phrases		
Uses simple pronouns (me, you, my)		
Understands action words		
Follow 2-step related directions, e.g. "Pick up your coat and bring it to me."		
Enjoys listening to stories		

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2-3 Years Milestones Checklist

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	Yes	No
Communication - By 30 Months		
Consistently uses 2-3 word phrases		
Uses "in" and "on"		
At least 50% of speech is understood by caregiver		
Follow 2-step unrelated directions, e.g. "give me the ball and go get your coat"		
Understands basic nouns and pronouns		
Understands "mine" and "yours"		

	Yes	No
Communication - By 36 Months		
Ask "what" and "where" questions		
Uses plurals, e.g. "dogs"		
Most speech is understood by caregiver		
Understands most simple sentences		
Simple understanding of concepts including color, space, time		
Understands "why" questions		

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