### Important Milestones

#### By The End Of 3 Months

Simply fill out your child’s name, age and today’s date and then check off the milestones your child has already achieved.

<table>
<thead>
<tr>
<th>Child’s Name</th>
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</tr>
</thead>
</table>

#### Social and Emotional
- Begins to develop a social smile
- Enjoys playing with other people and may cry when playing stops
- Becomes more expressive and communicates more with face and body
- Imitates some movements and facial expressions

#### Movement
- Raises head and chest when lying on stomach
- Supports upper body with arms when lying on stomach
- Stretches legs out and kicks when lying on stomach or back
- Opens and shuts hands
- Pushes down on legs when feet are placed on a firm surface
- Brings hand to mouth
- Takes swipes at dangling objects with hands
- Grasps and shakes hand toys

#### Hearing and Speech
- Smiles at the sound of your voice
- Begins to babble
- Begins to imitate some sounds
- Turns head toward direction of sound

#### Vision
- Watches faces intently
- Follows moving objects
- Recognizes familiar objects and people at a distance
- Starts using hands and eyes in coordination

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Important Milestones
By The End Of 7 Months

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<table>
<thead>
<tr>
<th>Child’s Name</th>
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</table>

**Social and Emotional**
- Enjoys social play
- Interested in mirror images
- Responds to other people’s expressions of emotion and appears joyful often

**Vision**
- Develops full color vision
- Distance vision matures
- Ability to track moving objects improves

**Cognitive**
- Finds partially hidden object
- Explores with hands and mouth
- Struggles to get objects that are out of reach

**Language**
- Responds to own name
- Begins to respond to “no”
- Can tell emotions by tone of voice
- Responds to sound by making sounds
- Uses voice to express joy and displeasure
- Babbles chains of sounds

**Movement**
- Rolls both ways (front to back, back to front)
- Sits with, and then without, support on hands
- Supports whole weight on legs
- Reaches with one hand
- Transfers object from hand to hand
- Uses hand to rake objects


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### Important Milestones
**By The End Of 1 Year (12 Months)**

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<thead>
<tr>
<th>Child’s Name</th>
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</table>

#### Social and Emotional
- Shy or anxious with strangers
- Cries when mother or father leaves
- Enjoys imitating people in his play
- Shows specific preferences for certain people and toys
- Tests parental responses to his actions during feedings
- Tests parental responses to his behavior
- May be fearful in some situations
- Prefers mother and/or regular caregiver over all others
- Repeats sounds or gestures for attention
- Finger-feeds himself
- Extends arm or leg to help when being dressed

#### Language
- Pays increasing attention to speech
- Responds to simple verbal requests
- Responds to “no”
- Uses simple gestures, such as shaking head for “no”
- Babbles with inflection (changes in tone)
- Says “dada” and “mama”
- Uses exclamations, such as “Oh-oh!”
- Tries to imitate words

#### Cognitive
- Explores objects in many different ways (shaking, banging, throwing, dropping)
- Finds hidden objects easily
- Looks at correct picture when the image is named
- Imitates gestures
- Begins to use objects correctly (drinking from cup, brushing hair, dialing phone, listening to receiver)


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Important Milestones
By The End Of 2 Years (24 Months)

Simply fill out your child’s name, age and today’s date and then check off the milestones your child has already achieved.

<table>
<thead>
<tr>
<th>Social and Emotional</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>❑ Follows simple instructions</td>
<td></td>
</tr>
<tr>
<td>❑ Repeats words overheard in conversation</td>
<td></td>
</tr>
<tr>
<td>❑ Imitates behavior of others, especially adults and older children</td>
<td></td>
</tr>
<tr>
<td>❑ More aware of herself as separate from others</td>
<td></td>
</tr>
<tr>
<td>❑ More excited about company of other children</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Emotional</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>❑ Demonstrates increasing independence</td>
<td></td>
</tr>
<tr>
<td>❑ Begins to show defiant behavior</td>
<td></td>
</tr>
<tr>
<td>❑ Separation anxiety increases toward midyear then fades</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Cognitive</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>❑ Finds objects even when hidden under two or three covers</td>
<td></td>
</tr>
<tr>
<td>❑ Begins to sort by shapes and colors</td>
<td></td>
</tr>
<tr>
<td>❑ Begins make-believe play</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Hand and Finger Skills</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>❑ Scribbles on his or her own</td>
<td></td>
</tr>
<tr>
<td>❑ Turns over container to pour out contents</td>
<td></td>
</tr>
<tr>
<td>❑ Builds tower of four blocks or more</td>
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<tr>
<td>❑ Might use one hand more often than the other</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Language</th>
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</thead>
<tbody>
<tr>
<td>❑ Points to object or picture when it’s named for him</td>
<td></td>
</tr>
<tr>
<td>❑ Recognizes names of familiar people, objects, and body parts</td>
<td></td>
</tr>
<tr>
<td>❑ Says several single words (by 15 to 18 months)</td>
<td></td>
</tr>
<tr>
<td>❑ Uses simple phrases (by 18 to 24 months)</td>
<td></td>
</tr>
<tr>
<td>❑ Uses 2- to 4-word sentences</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Movement</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>❑ Walks alone</td>
<td></td>
</tr>
<tr>
<td>❑ Pulls toys behind her while walking</td>
<td></td>
</tr>
<tr>
<td>❑ Carries large toy or several toys while walking</td>
<td></td>
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<tr>
<td>❑ Begins to run</td>
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<tr>
<td>❑ Stands on tiptoe</td>
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<tr>
<td>❑ Kicks a ball</td>
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<tr>
<td>❑ Climbs onto and down from furniture unassisted</td>
<td></td>
</tr>
<tr>
<td>❑ Walks up and down stairs holding on to support</td>
<td></td>
</tr>
</tbody>
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Important Milestones
By The End Of 3 Years (36 Months)

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### Social and Emotional
- Imitates adults and playmates
- Spontaneously shows affection for familiar playmates
- Can take turns in games
- Understands concept of “mine” and “his/hers”

### Emotional
- Expresses affection openly
- Expresses a wide range of emotions
- By 3, separates easily from parents
- Objects to major changes in routine

### Cognitive
- Makes mechanical toys work
- Matches an object in her hand or room to a picture in a book
- Plays make-believe with dolls, animals, and people
- Sorts objects by shape and color
- Completes puzzles with three or four pieces
- Understands concept of “two”

### Language
- Follows a two- or three-part command
- Recognizes and identifies almost all common objects and pictures
- Understands most sentences
- Understands placement in space (“on,” “in,” “under”)
- Uses 4- to 5-word sentences
- Can say name, age, and sex
- Uses pronouns (I, you, me, we, they) and some plurals (cars, dogs, cats)
- Strangers can understand most of her words
- Climbs well
- Walks up and down stairs, alternating feet (one foot per stair step)
- Kicks ball
- Runs easily
- Pedals tricycle
- Bends over easily without falling
- Makes up-and-down, side-to-side, and circular lines with pencil or crayon
- Turns book pages one at a time
- Builds a tower of more than six blocks
- Holds a pencil in writing position
- Screws and unscrews jar lids, nuts, and bolts
- Turns rotating handles


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## Important Milestones
### By The End Of 4 Years (48 Months)

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### Social and Emotional
- Interested in new experiences
- Cooperates with other children
- Plays “Mom” or “Dad”
- Increasingly inventive in fantasy play
- Dresses and undresses
- Negotiates solutions to conflicts
- More independent

### Language
- Understands the concepts of “same” and “different”
- Engages in fantasy play
- Dressing and undressing
- Has mastered some basic rules of grammar
- Negotiates solutions to conflicts
- Speaks in sentences of five to six words
- More independent
- Speaks clearly enough for strangers to understand
- Tells stories

### Emotional
- Imagines that many unfamiliar images may be “monsters”
- Views self as a whole person involving body, mind, and feelings
- Often cannot tell the difference between fantasy and reality

### Movement
- 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 with agility

### Hand and Finger Skills
- Copies square shapes
- Draws a person with two to four body parts
- Uses scissors
- Draws circles and squares
- Begins to copy some capital letters

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Important Milestones
By The End Of 5 Years (60 Months)

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### Social and Emotional
- ❑ Tells longer stories
- ❑ Says name and address

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

### Hand and Finger Skills
- ❑ Copies triangle and other shapes
- ❑ Draws person with body
- ❑ Prints some letters
- ❑ Dresses and undresses without help
- ❑ Uses fork, spoon, and (sometimes) a table knife
- ❑ Usually cares for own toilet needs

### Cognitive
- ❑ 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, appliances)

### Language
- ❑ Recalls part of a story
- ❑ Speaks sentences of more than five words
- ❑ Uses future tense

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