

## **Birth-6 months**

- Reaches for toys
- Brings hands to mouth
- Starts to roll over

## **6-12 months**

- Sits independently
- Crawls or scoots
- May pull to stand

## **1-2 years**

- Walks
- Climbs onto furniture
- Begins running

# GROSS MOTOR MILESTONES

## **2-3 Years**

- Runs more smoothly
- Kicks and throws a ball
- Climbs playground equipment independently

## **3-4 Years**

- Pedals a tricycle
- Jumps with both feet
- Begins catching a ball

## **4-5 years**

- Hops on one foot
- Climbs ladders
- Runs & stops with control

## **Birth-6 months**

- Grasps objects placed in hand (i.e. a rattle)

## **6-12 months**

- Transfers toys between hands
- Bangs toys together
- Picks up small snacks with fingers

## **1-2 years**

- Scribbles with crayons
- Builds block towers
- Turns pages of a board book

# FINE MOTOR MILESTONES

## **2-3 Years**

- Uses both hands together (ex. holding paper & coloring with the other)
- Strings beads
- Starts snipping with scissors

## **3-4 Years**

- Copies circles and crosses
- Builds taller block towers
- Uses scissors to cut across paper

## **4-5 years**

- Draws simple people
- Writes some letters
- Colors mostly in lines
- Able to button/unbutton

## **Birth-6 months**

- Enjoys being held
- looks toward sounds
- explores with mouth

## **6-12 months**

- Enjoys peek-a-boo
- explores textures
- starts showing preferences for toys

## **1-2 years**

- Pretends during play
- enjoys simple cause/effect toys

# SENSORY/PLAY MILESTONES

## **2-3 Years**

- Enjoys pretend play w/ others
- Follows 2-step directions
- Plays next to & with peers

## **3-4 Years**

- Makes up stories in play
- Enjoys group activities
- Can take turns with help

## **4-5 years**

- Plays cooperatively with friends
- Follows rules in simple games
- Enjoys creative group play

## Birth-6 months

- Starts to tolerate tummy time
- Begins to hold head up with support

## 6-12 months

- Begins finger feeding
- May try holding a bottle or cup

## 1-2 years

- Drinks from a cup
- Tries to use a spoon
- Pushes arms through sleeves

# SELF-CARE MILESTONES

## 2-3 Years

- Begins potty training readiness
- Feeds self with spoon & fork
- Pulls pants up/down

## 3-4 Years

- Puts on shoes (may be wrong feet)
- Undresses with little help
- Washes hands with assistance

## 4-5 years

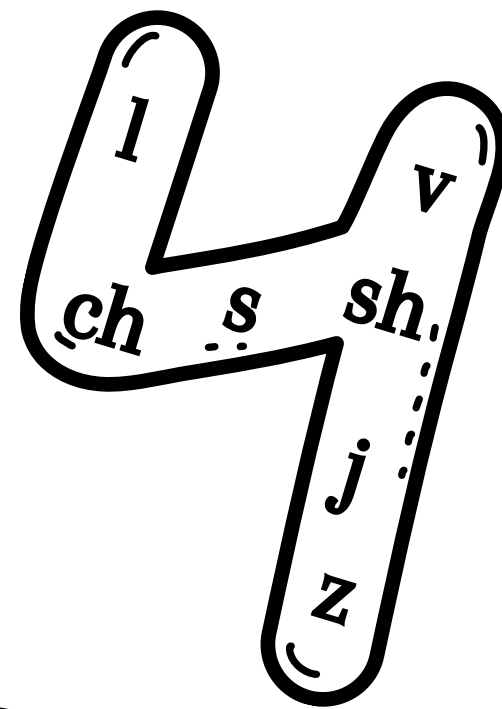
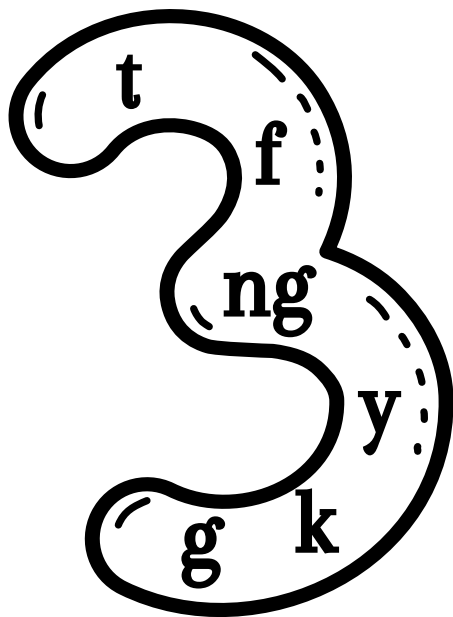
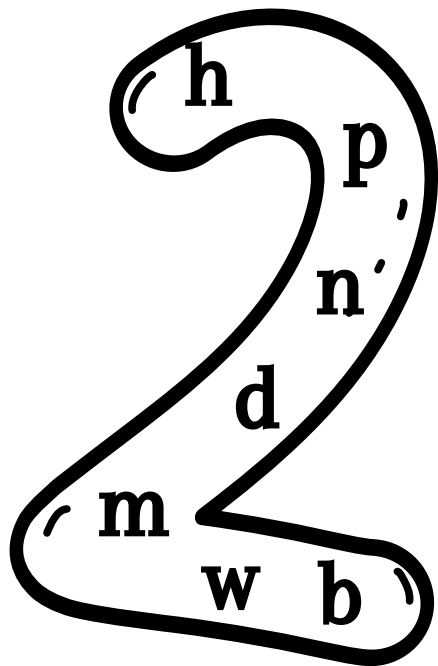
- Dresses self (except tying shoes)
- Brushes teeth with help
- Manages zippers
- Pours from small containers

# COMMUNICATION MILESTONES

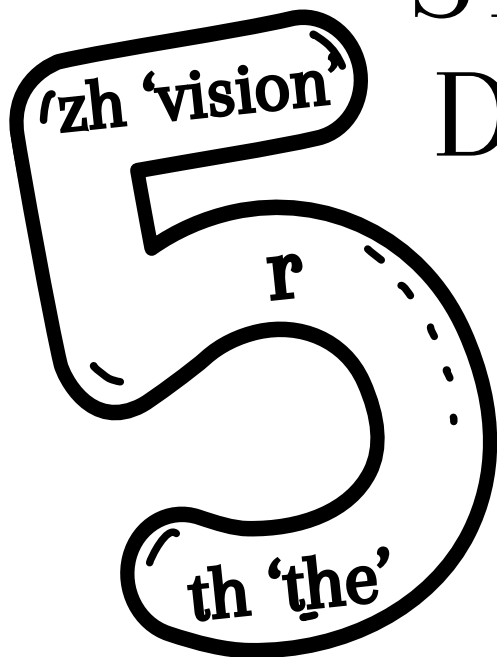
<b>Birth to 1 year</b>	<b>1 to 2 years</b>	<b>2 to 3 years</b>
<ul style="list-style-type: none"><li>• Alerts to sounds</li><li>• Coos and gurgles</li><li>• Turns head towards sounds</li><li>• Begins to babble (e.g., “ba-ba”, “da-da”)</li><li>• Uses gestures (e.g., waving, pointing)</li><li>• Says one or two words (mama, dada, hi)</li></ul>	<ul style="list-style-type: none"><li>• Points to objects when named</li><li>• Follows simple directions</li><li>• Begins combining 2 words (e.g., “more milk”)</li><li>• Use and understand at least 50 different words</li></ul>	<ul style="list-style-type: none"><li>• Uses word combinations</li><li>• Tries to get your attention</li><li>• Uses -ing and -ed</li><li>• Gives reasons for things and events</li><li>• Answers questions</li><li>• Asks why and how</li></ul>

# COMMUNICATION MILESTONES

<b>3 to 4 years</b>	<b>4 to 5 years</b>
<ul style="list-style-type: none"><li>• Tells you a story</li><li>• Understand prepositions (e.g., inside, on, under)</li><li>• Says all syllables in words</li><li>• Recognizes signs and logos</li><li>• Pretends to read</li></ul>	<ul style="list-style-type: none"><li>• Produces grammatically correct sentences</li><li>• Tells stories and connects information</li><li>• Understand location words</li><li>• Follows simple directions and rules to play games</li><li>• Identifies some rhyming words</li></ul>



# SPEECH SOUND DEVELOPMENT



Birth-3 months

Holds head up when supported, Drinks breast milk and/or formula

4-6 months

Brings hands to breast or bottle; Starts to sit up in cradle position; Sits supported in highchair; Uses tongue to move food to back of mouth for swallowing; Eats breast milk and/or formula; infant cereal; smooth baby food (purees)

6-9 months

Holds head up when sitting upright; Leans forward & reaches for food; Picks up food with fingers; Starts to feed self; Starts to drink from cup; Chews food by munching; May start drinking small amounts of water; Eats smooth baby foods and soft/chewable solid foods cut into strips (e.g., pancakes)

# FEEDING & SWALLOWING

Holds bottles or sippy cup with both hands, Needs minimal assistance in highchair, Feeds self with fingers, Takes small bites from larger pieces of food, Begins chewing food on both sides of mouth, Eats soft, bite-sized foods (e.g., banana, cheese cubes, pasta)

9-12 months

Sits upright with feet on floor or flat surface; Feeds self with utensils or fingers; Drinks from sippy cup without help; Drinks from a straw without spilling; Eats foods made with mixed consistencies (e.g., sandwich or chicken noodle soup)

12-18 months

Feeds self with fork and spoon; Drinks from an open cup without spilling; Chews all foods without gagging or choking; Eat most crunchy, hard or mixed textures – adult still cutting more challenging foods into smaller pieces to prevent choking

2-3 years