

# Help Me Grow Developmental Milestones

## Birth to 6 Months

- Smiles
- Laughs out loud
- Listens to voices & makes eye contact
- Lifts head when on tummy
- Follows moving object with eyes
- Holds a rattle or toy
- Makes cooing noises
- Rolls over
- Pulls to sitting holding someone's finger

## 6 Months to 1 Year

- Sits alone by 8 months
- Turns head to a voice
- Crawls
- Claps hands and waves bye
- Enjoys games like patty-cake and peek-a-boo
- Copies familiar speech sounds like mama or dada
- Pulls self up to stand
- Uses fingers to eat some foods
- Takes steps with help
- Reaches for toys with either hand

## 12 to 18 Months

- Has learned to stand alone
- Walks fairly well
- Dumps things and picks them up
- Drinks from a cup
- Says between 7 and 20 words
- Points to things you name in a picture
- Throws ball, standing or sitting
- Removes hats, socks, shoes
- Indicates need through sounds and gestures

## 18 Months to 2 Years

- Builds a tower 4 blocks high
- Combines 2 words such as "up mom"
- Recognizes lots of pictures: "doggie, cow"
- Names more than 3 body parts
- Likes to draw on paper
- Uses a spoon to feed himself
- Runs and likes to be chased
- May try to climb stairs

## 2 Years to 3 Years

- Pedals a tricycle
- Dresses himself with help
- Builds a tower 8 blocks high
- Tells you when he is cold, wet, hungry
- Kicks a ball
- Points to 3-5 pictures in a book
- Jumps with both feet
- Copies circles or lines on paper
- Understands *in, on, out*
- Uses 2-3 words together such as "more juice please"

## 3 Years to 4 Years

- Catches ball with arms out straight
- Understands yesterday, tonight, big, and little
- Goes to toilet without help
- Tells stories
- Knows 2-3 colors
- Balances on one foot, then the other
- Brushes his own teeth
- Counts to 3