Your Child's Developmental Milestones: BIRTH TO 2 A Resource Document



Babies learn and grow at their own pace however, developmental milestones show what most children (75%) can do by each age. You know your child best! If you have concerns about your child's development, talk to your child's doctor about a developmental screening. *This is not an exhaustive list*. Download CDC's free Milestone Tracker app (https://www.cdc.gov/ncbddd/actearly/milestones-app.html) to see more milestones and learn about ways you can support your little one's growth and development.

4 Months 6 Months 9 Months Social Emotional Social Emotional Social Emotional ☐ Shy, clingy, or afraid of strangers ☐ Smiles on own to get your attention Knows familiar people Chuckles when try to make laugh Likes to look at self in mirror Looks when you call their name Tries to get your attention Laughs Looks, reaches for, or cries when you leave **Language & Communication Language & Communication Language & Communication** ☐ Makes lots of different sounds ☐ Makes cooing noises ☐ Takes turns making sounds Copies sounds back when you talk to them Sticks tongue out and blows ("raspberries") Lifts arms up to be picked up Turns head towards your voice Makes squealing noises Cognitive (Learning, thinking, problem solving) Cognitive (Learning, thinking, problem solving) Cognitive (Learning, thinking, problem solving) ☐ When hungry, opens mouth when sees breast or bottle Puts things in her mouth to explore them ☐ Looks for things when dropped out of sight like a spoon or toy Looks at their hands with interest Reaches to get things out of reach Bangs things together Closes lips to show when doesn't want more food **Physical Physical Physical** Can get into sitting position Rolls from tummy to back Holds head steady without support Sits without support Can hold a toy Pushes up with arms when on tummy Moves things from one hand to other Brings hands to mouth Leans on hand to support self when sitting







☐ Uses fingers to "rake" food

Pushes up onto elbows when on tummy

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12 Months



18 Months



24 Months



Social Emotional

☐ Plays games with you like pat-a-cake

Social Emotional

- Moves away from you but looks to make sure you are close by
- □ Points to show you something
- Pushes arm through sleeve or lifts foot to help you dress them

Social Emotional

- ☐ Notices when others are hurt or upset
- ☐ Looks at your face to see how to react in a new situation

Language & Communication

- ☐ Waves "bye-bye"
- ☐ Says "mama" and "dada" (or another special name)
- ☐ Pauses or stops when you say "no"

Language & Communication

- ☐ Tries to say 3 or more words besides "mama" or "dada"
- ☐ Follows one-step directions like giving you a toy when you ask for it

Language & Communication

- ☐ Points to things in a book when you ask
- ☐ Says at least 2 words together like "more milk"
- Uses more gestures like blowing a kiss or nodding yes

Cognitive (Learning, thinking, problem solving)

- ☐ Puts things in and out of container
- Looks for things when you hide it, like a toy under a blanket

Cognitive (Learning, thinking, problem solving)

- ☐ Copies you doing chores like sweeping
- ☐ Plays with toys in a simple way like pushing a toy car

Cognitive (Learning, thinking, problem solving)

- ☐ Tries to use switches, knobs, or buttons
- Plays with more than one toy at a time like putting toy food on a plate

Physical

- ☐ Pulls up to stand
- □ Walks holding on to furniture
- ☐ Drinks from a cup without a lid as you hold it
- ☐ Picks things up between thumb and pointer finger (pincer grasp)

Physical

- ☐ Walks without help
- $\hfill\Box$ Climbs on and off a couch or chair without help
- ☐ Drinks from a cup without a lid though may spill
- ☐ Tries to use a spoon
- □ Scribbles

Physical

- ☐ Kicks a ball
- ☐ Runs
- ☐ Walks up and downstairs holding on
- ☐ Eats with a spoon

The contents of this document were excerpted from the Center for Disease Control (CDCs) **Learn the Signs. Act Early.** Developmental Milestones checklists and are not a substitute for developmental screening tools.

*Milestones were updated in February 2022 and reflect what 75% of children can do by each age; the previous milestone checklists showed what 50% of children could do by each age.



