

Developmental Milestones for Children Ages 1 Month to 5 Years

Listed below are milestones to help assess whether your child is reaching developmental stages at the proper age. If your child is having trouble in any of the below areas, you may want to speak with your child's healthcare provider about a referral to Physical, Occupational or Speech Therapy. (Fine Motor & Self Care Milestones on Reverse)

Age	Gross Motor Skills	Speech/Language & Feeding
1 month	Head bobs but stays mostly erect When on stomach can lift head and turn Kicks arms and legs alternately	
3 months	Attempts to hold head at midline Rolls from side to back	Responds to environmental or speech sounds Coos/smiles for pleasure Sucks fingers when near mouth Recognizes nipple or bottle
6 months	Holds head at midline Can sit momentarily without support Grabs for knees or feet with hands Rolls belly to and from back	Moves eyes in directions of sounds Babbles 1-2 syllables Mouths and gums solid foods Opens mouth when spoon is presented
9 months	Sits independently while playing w/toy Crawls, creeps and pivots on belly	Reduplicated babble with sounds (m, b, p) Listens when spoken to Enjoys simple games (peek-a-boo) Self feeds meltable solids Drinks from a cup when presented
12 months	Raises to a sitting position Pulls up to stand at support Cruises along furniture	Initiates action for familiar game play Recognizes common words (cup, shoe, juice) Says first word Toddler follows simple one-step commands
15 months	Stands independently Takes several steps with 1 hand held Rolls a ball back and forth in sitting	Tries to imitate sounds/words Babbling sounds like speech; stringing sounds Says a few words (mama, dada, dog); may be unclear Enjoys music, moves to it
18 months	Walks independently Crawls up and down stairs Lifts foot and attempts to kick a ball	Begins to drink through a straw Imitate unfamiliar sounds & words Gestures hi/bye
24 Months	Runs Walks up & down stairs with one hand held Throws a ball overhand Kicks a ball several feet	Points to simple body parts (nose, eyes, feet) Averages 2 word combinations Gives up the bottle Chews on a broad range of food
30 months	Jumping forward and up several inches Walks up and down stairs without help Runs well Attempts to catch an 8 inch ball	Begins to answer simple questions Independently drinks and eats without spillage Chews with a rotary motion and lips closed Consonant sounds p,m,h,n,w,b produced
3-5 years	Rides a trike Hops, gallops, skips Stands on one foot 5-10 seconds	Speech understood 85% of time by unfamiliar listener Knows and says new words weekly Asks questions