

## Developmental Milestones

This chart will guide you through the growth and development of an average child during the critical ages from birth to three years. The milestones listed below are typical for young children. Please remember that every child is unique – growing and developing at different rates. Most of the time differences between children of the same age are nothing to worry about. But for one child in 10, the difference can be related to a developmental delay.

### **At one month, most children can...**

- Raise their heads slightly when lying on their stomachs
- Briefly watch objects
- Make “noise in throat” sounds
- Pull away from a cloth or blanket on their faces

### **At age three months, most children can...**

- Lift their heads and chests when lying on their stomachs
- Show vigorous body movement
- Follow a moving person with their eyes
- Recognize a bottle or breast
- Smile when someone speaks to them

### **At age six months, most children can...**

- Sit with minimal support
- Roll from their backs to their stomachs
- Turn to locate and identify sounds
- Transfer objects from hand to hand and from hand to mouth
- Respond to friendly speech with a smile or coo

### **At age 12 months, most children can...**

- Pull themselves up to stand and may step with support
- Pick things up with a thumb and one finger
- Nod their heads to signal “yes”
- Give affection
- Say two or three words

### **At age 2, most children can...**

- Hand over toys upon request
- Kick a large ball
- Turn pages in a book (two or three at a time)
- Ask for items by name
- Recognize a familiar picture and know if it is upside down
- Use two or three words together, such as “more juice”

### **At age 3, most children can...**

- Walk up stairs while holding the railing
- Stand momentarily on one foot
- Open doors
- Unbutton large buttons
- Verbalize toilet needs
- Stack objects of different sizes