

Developmental milestones

Checkpoints on your child's path



Children'sSM
Healthcare of Atlanta



Every child develops differently, but there are certain milestones along the way that are signs of typical development in most children. These are not deadlines for your child to meet. Look at them as checkpoints that show your child is developing in how he speaks, plays, behaves and moves. These milestones occur within approximate age ranges as your child develops.

At 6 months old, your child may:

- Know familiar faces and begin to know if someone is a stranger.
- Respond to his name.
- String vowels together when babbling, such as “ah,” “eh” or “oh.”
- Begin to make consonant sounds, such as jabbering with “m” and “b.”
- Bring things to his mouth.
- Follow a moving toy with his eyes.
- Reach and grab for toys.
- Roll over from front to back and back to front.
- Begin to sit without support.
- Begin to put weight on his legs.

Contact your pediatrician if your child:

- Shows no affection for caregivers.
- Is not holding anything.
- Does not respond to sounds around him.
- Has stiff or floppy muscles.

At 1 year old, your child may:

- Be shy or nervous around strangers or in some situations.
- Have favorite toys, people or things.
- Play games, such as “peek-a-boo” and “patty cake.”
- Respond to simple spoken requests.
- Say words, such as “mama,” “dada,” “uh-oh” and “bye-bye.”
- Explore things in new ways, such as shaking, dumping and banging.
- Use gestures, such as giving, showing and pointing.
- Take things out of a container and put things back in.
- Sit up from a lying down position.
- Pull up and take a few steps while holding onto furniture.

Contact your pediatrician if your child:

- Does not point with his index finger.
- Does not make sounds that could be possible first words.
- Does not respond by looking when name is called.
- Is not able or interested in moving around his environment.



At 18 months old, your child may:

- Show affection to people he is familiar with.
- Play simple pretend, such as feeding a doll.
- Have a vocabulary of about 10 to 20 single words.
- Be able to insert two simple shapes, such as squares and circles, into a puzzle.
- Point to get attention or to show what he wants.
- Follow a verbal command, such as "sit down."
- Walk alone.
- Start walking up steps.
- Start to run.
- Say and shake his head "no."

Contact your pediatrician if your child:

- Does not copy the gestures or sounds of others.
- Does not use more than 10 single words.
- Does not respond when a caregiver leaves or returns.
- Does not walk.

At 2 years old, your child may:

- Put many actions together during play, such as stirring, pouring juice or feeding a doll.
- Begin to include other children in play, such as in a game of tag or chase.
- Name a few familiar people and parts of the body.
- Speak in two- or three-word phrases, such as "bye-bye mommy" and "birdie go fly."
- Turn thick book pages one at a time.
- Copy straight lines.
- Build towers of six or more blocks.
- Follow instructions with two steps, such as "get your sweater and put it on."
- Run well and begin to jump.
- Be able to throw and kick a ball.

Contact your pediatrician if your child:

- Does not use two-word phrases, such as "drink milk."
- Does not follow simple instructions.
- Does not walk steadily.
- Loses skills he once had.

At 3 years old, your child may:

- Show affection and concern for friends.
- Easily separate from mom and dad.
- Be toilet-trained.
- Follow instructions with two or three steps.
- Talk well enough for strangers to usually understand.
- Carry on a conversation with two or three sentences.
- Copy a circle.
- Jump forward about two feet with feet together.
- Use a spoon and fork.
- Walk up and down stairs with one foot on each step.

Contact your pediatrician if your child:

- Does not want to play pretend or make-believe with other children.
- Does not speak in sentences.
- Does not understand simple instructions.
- Has clumsy or uncoordinated movement.



At 4 years old, your child may:

- Prefer to play with other children than by himself.
- Take turns when playing games with other children.
- Know a few basic rules of grammar, such as using “he” and “she.”
- Tell stories.
- Name some colors and numbers.
- Use scissors to cut shapes.
- Complete a jigsaw puzzle with nine to 12 pieces.
- Hop in place and balance on one foot for two seconds.
- Dress and undress himself.

Contact your pediatrician if your child:

- Can't retell a favorite story.
- Speaks unclearly.
- Resists dressing, sleeping or using the toilet.
- Is unable to climb stairs or jump.

At 5 years old, your child may:

- Be more likely to understand the rules in games, sports and daily life.
- Be able to tell what is real and what is make-believe.
- Speak very clearly.
- Be able to tell a story using full sentences.
- Draw a person with at least six body parts.
- Print some numbers and letters, including his first name.
- Be able to do a somersault.
- Hop, gallop and skip.
- Be able to participate in organized sports.
- Swing and climb.

Contact your pediatrician if your child:

- Shows extreme behavior, such as being fearful, aggressive, shy or sad.
- Has trouble focusing on one activity for more than five minutes and is easily distracted.
- Does not talk about daily activities or experiences.
- Does not draw or color pictures.

We have experts trained to help

If you are concerned about the development of your child, do not wait. Ask your pediatrician about a referral to Children's Healthcare of Atlanta. We have a pediatric-trained team that can evaluate your child's development, and we offer a wide range of rehabilitation services to help your child reach his milestones.

Our services are available at nine convenient locations. Our therapists use age-appropriate play and equipment with children to help them reach their milestones. They also take time to educate you, the parent, about what your child needs and how you can help at home. Children have better outcomes when the whole family is involved.



Visit choa.org/outpatientrehab for more information.

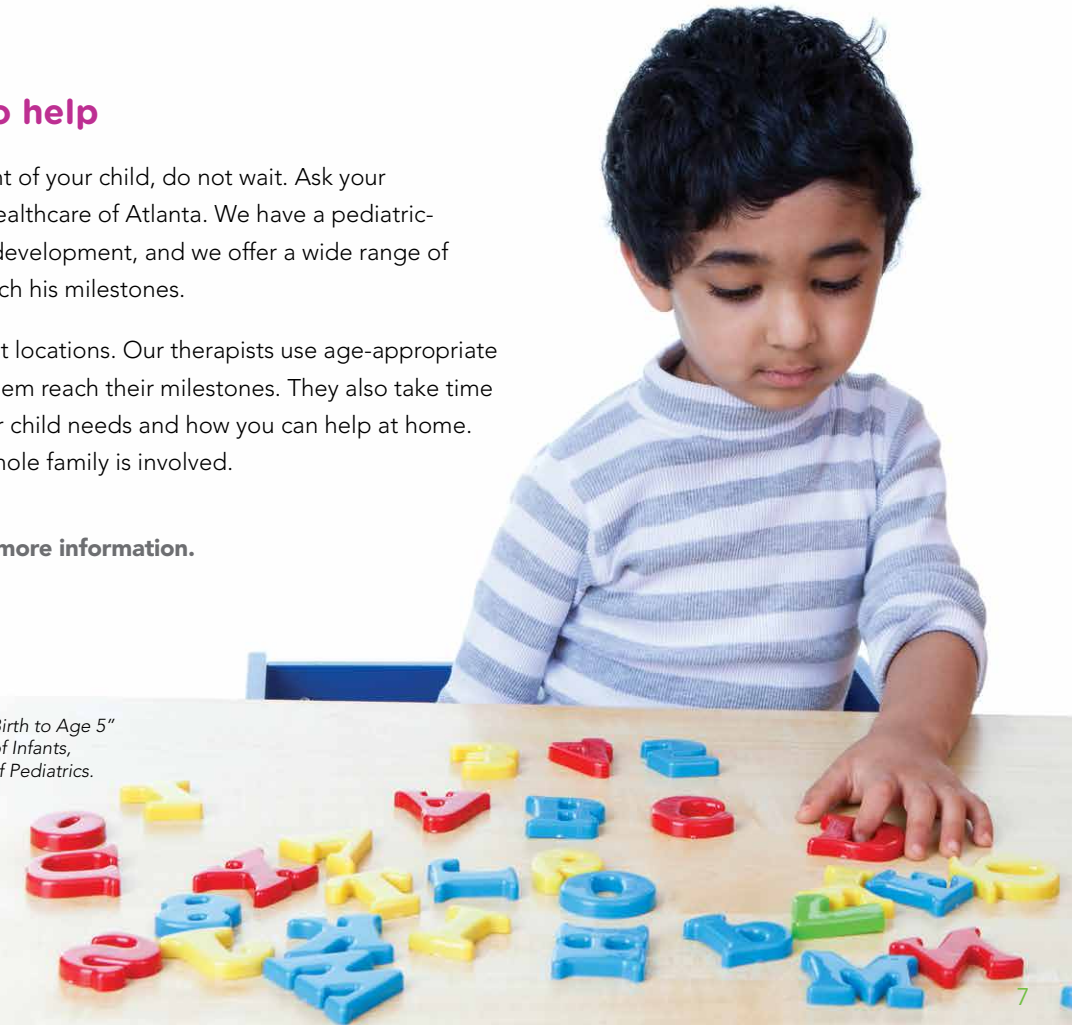


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Adapted from "Caring for Your Baby and Young Child: Birth to Age 5" and "Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents" by the American Academy of Pediatrics.

Other sources include:

- American Speech-Language-Hearing Association
- Hawaii Early Learning Profile (HELP) 0-3
- HELP 3-6
- Peabody Developmental Motor Scales, 2nd edition
- CDC Milestone Moments
- FSU First Word Project





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