

DEVELOPMENTAL MILESTONES – Birth – 3 years old

By one year old	Cognitive Milestones	
		Follows moving object with eyes
		Recognizes differences among people
		Responds to stranger by crying or staring
		Responds to and imitates facial expressions of others
		Responds to very simple directions
		Imitates gestures and actions
		Puts small objects in and out of container with intention
	Speech and Language Milestones	
		Recognizes name
		Says 2-3 words
		Imitates familiar words
		Understands simple instructions
		Recognizes words as symbols for objects: Car – points to garage, cat - meows
	Motor Skills Milestones	
	• Gross motor skills	Sits without support
		Crawls
		Pulls self to standing position and stands unaided
		Walks with aid
		Rolls a ball in imitation of adult
	• Fine Motor Skills	Reaches, grasps, puts object in mouth
		Picks things up with thumb and one finger
		Transfers object from one hand to the other
		Drops and picks up toy
	Social Skills Milestones	
		Smiles spontaneously
		Responds differently to strangers than to familiar people

		Pays attention to own name
		Responds to no
		Copies simple actions of others
Between one and two years of age:	Cognitive Milestones	
		Imitates actions and words of adults
		Understands and follows simple, familiar directions
		Responds to words or commands with appropriate action
		Is able to match two similar objects
		Looks at story book pictures with an adult, naming or pointing to familiar objects on request
		Recognizes difference between you and me
		Has very limited attention span
		Accomplishes primary learning through own exploration
	Speech-Language Milestones	
•	•	Understands “no”
		Uses 10 to 20 words, including names
		Combines two words such as “daddy bye bye”
		Waves good-bye and plays pat-a-cake
		Makes the sounds of familiar animals
		Gives a toy when asked
		Uses words such as “more” to make wants known
		Points to his or her toes, eyes and nose
		Brings object from another room when asked
	Motor Skills Milestones	

	• Gross Motor Skills	Walks alone
		Walks backwards
		Picks up toys from floor without falling
		Pulls toys, pushes toys
		Seats self in child size chair
		Walks up and down stairs with hand held
		Moves to music
	• Fine Motor Skills	Builds tower of three small blocks
		Puts four rings on stick Places five pegs in pegboard
		Turns pages two or three at a time
		Scribbles
		Turns knobs
		Throws small ball
		Paints with whole arm movement, shifts hands, makes strokes
	Social Skills Milestones	
		Recognizes self in mirror or picture
		Refers to self by name
		Plays by self; initiates own play
		Imitates adults behaviors in play
		Helps put things away
Between two and three years of age:	Cognitive Milestones	
		Responds to simple directions
		Selects and looks at pictures books, names pictured objects, and identifies several objects within one picture
		Matches and uses associated objects meaningfully
		Stacks rings on peg in order of size
		Recognized self in mirror, saying baby, or own name
		Can talk briefly about what

		he/she is doing/imitates adult actions
		Has limited attentions span; learning is through exploration and adult direction
		Is beginning to understand functional concepts of familiar objects and part/whole concepts
	Speech Language Milestones	
		Identifies body parts
		Carries on conversation with self and dolls
		Asks what's that and where's my Uses 2-word negate phrases such as "no want".
		Forms some plurals by adding "s"
		Has a 450 word vocabulary
		Gives first name, holds up finger to tell age
		Combines nouns and verbs "mommy go"
		Uses short sentences like "me want more"
	Motor Skills Milestones	
	• Gross Motor Skills	Runs forward well
		Jumps in place with two feet together
		Stands on one foot (with aid)
		Walks on tiptoe
		Kicks a ball forward
	Fine Motor Skills	Strings four large beads
		Turns single pages
		Snips with scissors
		Holds crayon with thumb and fingers (not a fist)
		Uses one hand consistently in most activities
		Imitates circular, vertical, horizontal strokes
		Paints with some wrist action; makes dots, lines, circular

		strokes
		Rolls, rounds, squeezes, and pulls clay
	Social Skills Milestones	
		Plays near other children
		Watches other children; join briefly in their play
		Defends own possessions
		Begins to play house
		Symbolically uses objects, self in play
		Participates in simple group activity
		Knows gender identity