### Cognitive Milestones
- Listens attentively to sounds and voices (by 1 month)
- Cries deliberately for assistance (by 1 month)
- Coordinates eye movements (by 2 months)
- Discovers hands and feet as extension of self (by 3 months)
- Likes to repeat enjoyable acts (by 4 months)
- Recognizes and responds to name (by 5 months)
- Studies objects intently (by 6 months)

### Language Milestones
- Makes some sounds other than crying (by 2 months)
- Begins cooing one syllable (by 3 months)
- Makes first consonant sounds (by 4 months)
- Babbles spontaneously
- Acquires sounds of native language (by 6 months)

### Social/Emotional Milestones
- Reacts to discomfort and pain
- Recognizes parent’s voice
- Makes eye contact
- Shows affection by looking, waving, kicking and smiling
- Shows feelings of security when held or talked to
- Expresses delight
- May form attachment to one special object
- Laughs when tickled
- Builds trust when cries are answered
- May begin to cling to primary caregiver

### Physical Milestones
- Usually responds to objects or faces as they move
- Plays with fingers, hands and toes
- Holds and manipulates objects; sucks on everything!
- Reacts to sound of voices, rattle or bell
- Vocalizes to him/herself, people and toys
- Can raise him/herself up on forearms (while on tummy) and hold head up
- Rolls from back to tummy (by 4-6 months)
- Can smile at self in mirror (by 5 months)
- Can grab at objects (by 6 months)

### Recommended Activities
- Talk with and hold baby. Give him/her interesting things to see.
- Perform “the itsy bitsy spider” or other fun finger plays.
- Provide safe, washable toys for children to look at and suck on.
- Place toys near and above baby, encouraging him/her to roll over for a better view.
- Play instruments in the classroom. Talk about the instrument.
- Respond quickly to a child’s cry. Children at this age need to know they can trust you.
- Use wall and floor mirrors to point out the beautiful baby.
### 6-12 months

#### Cognitive Milestones
- Anticipates events (by 7 months)
- Finds hidden objects (by 10 months)
- Can point to body parts
- Puts nesting toys together correctly
- Develops expectations about familiar events
- Waves bye-bye

#### Language Milestones
- Puts together long series of syllables
- Responds appropriately to a few specific words (by 9 months)
- Speaks a few recognizable words
- Produces gestures to communicate (by 7 months)
- Learns how to take turns making sounds in “conversation”

#### Social/Emotional Milestones
- Enjoys being with other children
- Has an increased drive for independence
- Expresses anger more dramatically
- Has a fear of strangers
- Is aware of social approval or disapproval
- Performs for others
- Has pride in personal accomplishments

#### Physical Milestones
- Learns to crawl, stand up and walk
- Sits without support (by 8 months)
- Transfers toys from hand to hand
- Sees almost everything with good vision
- Begins to cruise and eventually walk
- Develops eye-hand coordination

#### Recommended Activities
- Provide safe and steady furniture.
- Place interesting things in the environment so the children will want to get them.
- Play a mimic game. Put a toy in one hand and then transfer it to the other. Encourage baby to do the same.
- Hold baby’s hands as he/she takes steps. Be sure to cheer!
- Play social games such as peek-a-boo and pat-a-cake. It helps develop social, language and physical skills.
# A Child’s Developmental Milestones

## 12-18 months

<table>
<thead>
<tr>
<th>Cognitive Milestones</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identifies family members in photographs</td>
</tr>
<tr>
<td>Enjoys cause and effect relationship</td>
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<tr>
<td>Is able to make choices between clear alternatives</td>
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<tr>
<td>Begins to solve problems</td>
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<tr>
<td>Remembers more</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Language Milestones</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has expressive vocabulary of 4-10 words (by 13-15 months)</td>
</tr>
<tr>
<td>Has expressive vocabulary of 10-20 words (by 18 months)</td>
</tr>
<tr>
<td>Can listen and respond to simple directions</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Social/Emotional Milestones</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prefers to keep caregiver in sight while exploring environment</td>
</tr>
<tr>
<td>Demands personal attention</td>
</tr>
<tr>
<td>May reveal stubbornness</td>
</tr>
<tr>
<td>Unable to share</td>
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<tr>
<td>Responds to simple requests</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical Milestones</th>
</tr>
</thead>
<tbody>
<tr>
<td>Picks up small objects with pointer finger and thumb</td>
</tr>
<tr>
<td>Can build a tower of cubes</td>
</tr>
<tr>
<td>Can throw a ball</td>
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<tr>
<td>Walks well</td>
</tr>
<tr>
<td>Turns pages in a book</td>
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<tr>
<td>Can walk while holding an object</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recommended Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Put small pieces of soft food on baby’s high chair so he/she can practice picking up food.</td>
</tr>
<tr>
<td>Stick with daily routines to help children develop a sense of order.</td>
</tr>
<tr>
<td>Display toys clearly on low shelves.</td>
</tr>
<tr>
<td>Talk with the children. Read to them.</td>
</tr>
<tr>
<td>Gather family photos and create a classroom photo album. Talk about the pictures.</td>
</tr>
<tr>
<td>Use age-appropriate gross motor equipment, soft blocks, soft balls and beanbags in your classroom.</td>
</tr>
</tbody>
</table>
### Cognitive Milestones
- Sorts shapes and colors
- Mimics adult behavior
- Points to and names objects
- Refers to self by name
- Learns by helping
- Learns concepts such as size, shape and weight as he/she moves and plays with objects in the environment.

### Language Milestones
- Has expressive vocabulary of 20-25 words
- Uses 2-word phrases to communicate
- Uses gestures to communicate
- Begins using courtesy words (please, thank you) occasionally

### Social/Emotional Milestones
- Is possessive
- Begins to show empathy
- Reveals a sense of trust
- Begins to play next to children
- Shows emotions of pride and embarrassment
- May dawdle
- Engages in imaginative play
- Tests limits of behavior
- Performs for an audience

### Physical Milestones
- Can draw scribbles
- Kicks backward and forward
- Stands on a balance beam
- Walks up stairs with help
- Runs well
- Enjoys riding small-wheeled riding toys
- Drinks from a straw

### Recommended Activities
- Let them help you prepare a snack or other task.
- Try to expand their language. If a toddler says, “ball” say “Yes, this is a big, red ball!”
- Stock art area with lots of crayons and paper. Encourage table drawing as well as easel drawing.
- Have more than one of everything. Sharing is difficult at this age.
- Encourage children to show off their skills. Include a big round of applause!
# A Child’s Developmental Milestones

## 2-3 years

### Cognitive Milestones
- Comprehends size
- Beginning to understand time sequences (e.g. before lunch)
- Matches shapes and colors
- Counts and manipulates objects
- Is beginning to think about consequences
- Is able to concentrate for longer periods of time

### Language Milestones
- Combines words to form short sentences
- Uses plurals
- Answers routine questions
- Provides appropriate answers
- Comprehends some pronouns
- Follows two step directions

### Social/Emotional Milestones
- Has a strong sense of ownership
- May begin cooperative play
- May show need for security object
- Is becoming more independent

### Physical Milestones
- Walks backwards
- Can balance on one foot (by 3 years)
- Strings large beads
- Holds scissors correctly
- Zips and snaps
- Learns to use the potty
- Walks up and down stairs independently

### Recommended Activities
- Provide dolls and simple props like cups and plates to encourage imagination and role play.
- Stringing activities are great at this age!
- Play games that require balancing.
- Practice cutting with scissors on a one-on-one basis.
- Help them snap and zip their own coats.

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## 4-5 years

### Cognitive Milestones
- Comprehends special concepts (e.g. around, in front, high, next to)
- Rote counts up to 20
- Can complete a 6-8 piece puzzle
- Begins to understand time concepts
- Understands simple math concepts
- Recalls main details of a story

### Language Milestones
- Uses possessives
- Uses double negatives
- Joins sentences
- Can answer how, who, when questions
- Follows up to 4 step directions
- Uses third person
- Tells simple jokes
- Has a 2000 word vocabulary

### Social/Emotional Milestones
- Joins sentences
- Has an increased drive for independence
- Expresses anger more dramatically
- Is aware of social approval or disapproval
- Performs for others
- Has pride in personal accomplishments
- Develops sex role identification
- Begins taking turns and negotiating

### Physical Milestones
- Can hop on one foot, skip and jump
- Can catch a ball with both hands
- Can catch a beanbag
- Dresses and undresses him/herself
- Can copy a simple design
- Uses scissors to cut a straight line

### Recommended Activities
- During circle time, engage children in conversation with you and each other.
- Encourage dramatic play with puppets, dress up clothes, etc.
- Tell children when things will happen. Give them warnings before time is up.
- Add show and share time to weekly activities.
- Add puzzles to manipulatives area. Help them when they first try a new puzzle.
- Develop a math area complete with cash register, money, sorting toys and calculators.
- Provide books that encourage positive gender associations, rather than gender bias.