Simply fill out your child’s name, age and today’s date and then check off the milestones your child has already achieved.

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</table>

### Important Milestones

**By The End Of 3 Months**

**Social and Emotional**
- Begins to develop a social smile
- Enjoys playing with other people and may cry when playing stops
- Becomes more expressive and communicates more with face and body
- Imitates some movements and facial expressions

**Movement**
- Raises head and chest when lying on stomach
- Supports upper body with arms when lying on stomach
- Stretches legs out and kicks when lying on stomach or back
- Opens and shuts hands
- Pushes down on legs when feet are placed on a firm surface
- Brings hand to mouth
- Takes swipes at dangling objects with hands
- Grasps and shakes hand toys

**Vision**
- Watches faces intently
- Follows moving objects
- Recognizes familiar objects and people at a distance
- Starts using hands and eyes in coordination

**Hearing and Speech**
- Smiles at the sound of your voice
- Begins to babble
- Begins to imitate some sounds
- Turns head toward direction of sound

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**Department of Health and Human Services**

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[www.cdc.gov/actearly](http://www.cdc.gov/actearly)

**American Academy of Pediatrics**

**Ohio Chapter**

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Learn the Signs. Act Early.
# Important Milestones
## By The End Of 7 Months

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### Social and Emotional
- Enjoys social play
- Interested in mirror images
- Responds to other people’s expressions of emotion and appears joyful often

### Cognitive
- Finds partially hidden object
- Explores with hands and mouth
- Struggles to get objects that are out of reach

### Language
- Responds to own name
- Begins to respond to “no”
- Can tell emotions by tone of voice
- Responds to sound by making sounds
- Uses voice to express joy and displeasure
- Babbles chains of sounds

### Movement
- Rolls both ways (front to back, back to front)
- Sits with, and then without, support on hands
- Supports whole weight on legs
- Reaches with one hand
- Transfers object from hand to hand
- Uses hand to rake objects

### Vision
- Develops full color vision
- Distance vision matures
- Ability to track moving objects improves

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## Important Milestones
**By The End Of 1 Year (12 Months)**

Simply fill out your child’s name, age and today’s date and then check off the milestones your child has already achieved.

<table>
<thead>
<tr>
<th>Social and Emotional</th>
<th>Language</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shy or anxious with strangers</td>
<td>Pays increasing attention to speech</td>
</tr>
<tr>
<td>Cries when mother or father leaves</td>
<td>Responds to simple verbal requests</td>
</tr>
<tr>
<td>Enjoys imitating people in his play</td>
<td>Responds to “no”</td>
</tr>
<tr>
<td>Shows specific preferences for certain people and toys</td>
<td>Uses simple gestures, such as shaking head for “no”</td>
</tr>
<tr>
<td>Tests parental responses to his actions during feedings</td>
<td>Babbles with inflection (changes in tone)</td>
</tr>
<tr>
<td>Tests parental responses to his behavior</td>
<td>Says “dada” and “mama”</td>
</tr>
<tr>
<td>May be fearful in some situations</td>
<td>Uses exclamations, such as “Oh-oh!”</td>
</tr>
<tr>
<td>Prefers mother and/or regular caregiver over all others</td>
<td>Tries to imitate words</td>
</tr>
<tr>
<td>Repeats sounds or gestures for attention</td>
<td></td>
</tr>
<tr>
<td>Finger-feeds himself</td>
<td></td>
</tr>
<tr>
<td>Extends arm or leg to help when being dressed</td>
<td></td>
</tr>
</tbody>
</table>

### Cognitive
- Explores objects in many different ways (shaking, banging, throwing, dropping)
- Finds hidden objects easily
- Looks at correct picture when the image is named
- Imitates gestures
- Begins to use objects correctly (drinking from cup, brushing hair, dialing phone, listening to receiver)

### Language
- Pays increasing attention to speech
- Responds to simple verbal requests
- Responds to “no”
- Uses simple gestures, such as shaking head for “no”
- Babbles with inflection (changes in tone)
- Says “dada” and “mama”
- Uses exclamations, such as “Oh-oh!”
- Tries to imitate words

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**Important Milestones**

**By The End Of 2 Years (24 Months)**

Simply fill out your child’s name, age and today’s date and then check off the milestones your child has already achieved.

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</table>

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**Social and Emotional**
- Imitates behavior of others, especially adults and older children
- More aware of herself as separate from others
- More excited about company of other children

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**Emotional**
- Demonstrates increasing independence
- Begins to show defiant behavior
- Separation anxiety increases toward midyear then fades

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**Cognitive**
- Finds objects even when hidden under two or three covers
- Begins to sort by shapes and colors
- Begins make-believe play

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**Language**
- Points to object or picture when it’s named for him
- Recognizes names of familiar people, objects, and body parts
- Says several single words (by 15 to 18 months)
- Uses simple phrases (by 18 to 24 months)
- Uses 2- to 4-word sentences

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**Movement**
- Walks alone
- Pulls toys behind her while walking
- Carries large toy or several toys while walking
- Begins to run
- Stands on tiptoe
- Kicks a ball
- Climbs onto and down from furniture unassisted
- Walks up and down stairs holding on to support

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**Hand and Finger Skills**
- Scribbles on his or her own
- Turns over container to pour out contents
- Builds tower of four blocks or more
- Might use one hand more often than the other

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## Important Milestones
### By The End Of 3 Years (36 Months)

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### Social and Emotional
- Imitates adults and playmates
- Spontaneously shows affection for familiar playmates
- Can take turns in games
- Understands concept of “mine” and “his/hers”

### Emotional
- Expresses affection openly
- Expresses a wide range of emotions
- By 3, separates easily from parents
- Objects to major changes in routine

### Cognitive
- Makes mechanical toys work
- Matches an object in her hand or room to a picture in a book
- Plays make-believe with dolls, animals, and people
- Sorts objects by shape and color
- Completes puzzles with three or four pieces
- Understands concept of “two”

### Language
- Follows a two- or three-part command
- Recognizes and identifies almost all common objects and pictures
- Understands most sentences
- Understands placement in space (“on,” “in,” “under”)
- Uses 4- to 5-word sentences
- Can say name, age, and sex
- Uses pronouns (I, you, me, we, they) and some plurals (cars, dogs, cats)
- Strangers can understand most of her words
- Expresses affection openly
- Expresses a wide range of emotions
- By 3, separates easily from parents
- Objects to major changes in routine

### Movement
- Climbs well
- Walks up and down stairs, alternating feet (one foot per stair step)
- Kicks ball
- Runs easily
- Pedals tricycle
- Bends over easily without falling

### Hand and Finger Skills
- Makes up-and-down, side-to-side, and circular lines with pencil or crayon
- Turns book pages one at a time
- Builds a tower of more than six blocks
- Holds a pencil in writing position
- Screws and unscrews jar lids, nuts, and bolts
- Turns rotating handles

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## Important Milestones
### By The End Of 4 Years (48 Months)

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### Social and Emotional
- Interested in new experiences
- Cooperates with other children
- Plays “Mom” or “Dad”
- Increasingly inventive in fantasy play
- Dresses and undresses
- Negotiates solutions to conflicts
- More independent

### Emotional
- Imagines that many unfamiliar images may be “monsters”
- Views self as a whole person involving body, mind, and feelings
- Often cannot tell the difference between fantasy and reality

### Cognitive
- Correctly names some colors
- Understands the concept of counting and may know a few numbers
- Tries to solve problems from a single point of view
- Begins to have a clearer sense of time
- Follows three-part commands

### Language
- Recalls parts of a story
- Understands the concepts of “same” and “different”
- Engages in fantasy play

### Movement
- Hops and stands on one foot up to five seconds
- Goes upstairs and downstairs without support
- Kicks ball forward
- Throws ball overhand
- Catches bounced ball most of the time
- Moves forward and backward with agility

### Hand and Finger Skills
- Copies square shapes
- Draws a person with two to four body parts
- Uses scissors
- Draws circles and squares
- Begins to copy some capital letters

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## Important Milestones

**By The End Of 5 Years (60 Months)**

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### Social and Emotional
- Wants to please friends
- Wants to be like her friends
- More likely to agree to rules
- Likes to sing, dance, and act
- Shows more independence and may even visit a next-door neighbor by herself

### Emotional
- Aware of gender
- Able to distinguish fantasy from reality
- Sometimes demanding, sometimes eagerly cooperative

### Cognitive
- Can count 10 or more objects
- Correctly names at least four colors
- Better understands the concept of time
- Knows about things used every day in the home (money, food, appliances)

### Language
- Recalls part of a story
- Speaks sentences of more than five words
- Uses future tense
- Tells longer stories
- Says name and address

### Movement
- Stands on one foot for 10 seconds or longer
- Hops, somersaults
- Swings, climbs
- May be able to skip

### Hand and Finger Skills
- Copies triangle and other shapes
- Draws person with body
- Prints some letters
- Dresses and undresses without help
- Uses fork, spoon, and (sometimes) a table knife
- Usually cares for own toilet needs

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