

- Doesn't use 2 word sentences by age 2
- Doesn't follow simple instructions by age 2
- Cannot push a wheeled toy by age 2
- By 15 months, doesn't seem to know function of common household objects
- Experiences a dramatic loss of skills she once had

(24 Months-36 Months)

Social

- Imitates adults and playmates
- Spontaneously shows affection for familiar playmates
- Can take turns in games
- Understands concept of "mine", "his/hers"

Emotional

- Expresses wide range of emotions
- By 3, separates easily from parents
- Objects to major changes in routine

Cognitive

- Makes mechanical toys work
- Matches object in hand to picture in book
- Plays make-believe with toys & people
- Sorts objects by shape and color
- Completes puzzles with 3-4 pieces
- Understands concept of "two"

Language

- Follows 2 or 3 part command
- Recognizes & identifies almost all common objects & pictures
- Understands most sentences
- Understands "on", "in", "under"
- Uses 4-5 word sentences
- Can say name, age, sex
- Uses pronouns (I, you, me, we, they) and plurals (cars, dogs, cats)
- Strangers can understand most of his or her words

Movement

- Climbs well
- Walks up/down stairs alternating feet
- Kicks ball
- Runs easily
- Pedals tricycle
- Bends over easily without falling

Hand and Finger Skills

- Builds tower of 6 blocks
- Holds pencil in writing position
- Screws, unscrews jar lids, nuts and bolts
- Turns rotating handles
- Makes vertical, horizontal and circular lines with pencil or crayon
- Turns book pages one at a time

Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs for this age:

- Frequent falling & difficulty with stairs
- Persistent drooling or unclear speech
- Can't build a tower of more than 4 blocks
- Difficulty manipulating small objects
- Can't copy a circle by age 3
- Unable to communicate in short phrases
- No involvement in "pretend" play
- Doesn't understand simple instructions
- Little interest in other children
- Extreme difficulty separating from mother or primary caregiver
- Poor eye contact
- Limited interest in toys
- Experiences a dramatic loss of skills she once had

(36 Months-5 years)

Social and Emotional

- Cooperate with other children
- Negotiate solutions to conflicts
- Often can't distinguish reality/fantasy (4 yrs)
- Dress self, feed self
- Able to distinguish reality/fantasy (5 years)
- Likes to sing, dance, act (5 years)

Cognitive

- Follow 3 part directions
- Understand same/different
- Can count 10 or more objects (5 years)
- Knows about things used every day in the home (5 years)
- Begin to have a better sense of time

Language

- Speaks sentences 5-6 words
- Speak clearly enough for strangers to understand

- **Recalls parts of story**
- Understands "same" and "different"
- Says name and address (5 years old)
- Has mastered some basic rules of grammar
- **Uses future tense (5 years)**

Movement

- Stand on one foot for at least 5 seconds
- Go up and down stairs by self
- Swings, climbs (5 years)
- May be able to skip (5 years)
- Kick ball forward
- Catch bounced ball most of the time
- Hops, somersaults (5 years)

Hand and Finger Skills

- Draw circles and squares (4 years)
- Draw person with 2-4 body parts (4 yrs)
- Draw triangles & other shapes (5 years)
- Prints some letters (5 years)
- Prints some letters (5 years)
- Use scissors

Developmental Health Watch

- Can't jump in place
- Can't ride a tricycle
- Exhibits extremely fearful or timid behavior (5 years)
- Exhibits extremely aggressive behavior
- Shows little interest in playing with other children
- Seems unhappy or sad much of the time
- Is easily distracted and unable to concentrate on any single activity for more than five minutes (by 5 years)
- Has trouble, eating, sleeping or using the toilet
- Avoids or seems aloof with other children or adults
- Experiences a dramatic loss of skills she once had

From CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5 by Steven Shelov, M.D. and Robert E. Hannermann, published by Bantam Books, a division of Random House, Inc. and The American Academy of Pediatrics. The appearance of the name American Academy of Pediatrics does not imply endorsement of any product or services.



Portland Early Childhood Team

Your Child's Development Important Milestones: (Birth – 5 Years)



Multnomah County Referral
Number: 503-261-5535

7100 SE Division
Portland, OR 97206

PPS Evaluation Team Number:
503-916-3426

Babies develop at their own pace, so it is impossible to tell exactly when your child will learn a given skill. The developmental milestones listed below will give you a general idea of the changes you can expect, but don't be alarmed if your own baby's development takes a slightly different course.

(Birth - 4 Months)

Social and Emotional

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

Movement

- Raises head & chest when lying on tummy
- Supports upper body with arms when on tummy
- Opens and shuts hands
- Brings hands to mouth
- Takes swipes at dangling objects w/ hands
- Grasps, shakes hand toys
- Kicks legs when lying on stomach or back

Vision

- Watches face intently
- Follows moving objects
- Recognizes familiar objects/people at a distance
- Starts using hands & eyes in coordination

Hearing and Speech

- Smiles at the sound of your voice
- Begins to babble, imitate some sounds
- Turns head toward direction of sound

Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs for this age:

- Does not seem to respond to loud noises
- Does not notice hands by 2 months
- Doesn't follow moving objects with eyes by 2-3 months
- Doesn't grasp and hold objects by 3 mo.
- Can't support head well by 3 months
- Doesn't babble by 3-4 months
- Doesn't bring object to mouth by 4 months
- Doesn't try to imitate sounds by 4 months
- Doesn't push down w/ legs when held on firm surface

- Has trouble moving eyes in all directions
- Doesn't pay attention to new faces or is frightened of new faces
- Experiences a dramatic loss of skills she once had

(4 Months-8 Months)

Social and Emotional

- Enjoys social play
- Interested in mirror images
- Responds to other people's expression & appears joyful often

Cognitive

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

Language

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

Movement

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

Vision

- Distance vision and color vision matures
- Ability to track moving objects improves

Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs for this age:

- Seems very stiff, with tight muscles
- Seems very floppy, like a rag doll
- Reaches with one hand only
- Refuses to cuddle
- Shows no affection for person caring for her
- One or both eyes consistently turns in or out
- Doesn't respond to sounds around her
- Has difficulty getting objects to mouth
- Doesn't roll over either direction by 5 mo.
- Doesn't smile on own by 5 months
- Experiences a dramatic loss of skills she once had

- Doesn't laugh or make squealing sounds by 6 months
- Doesn't bear weight on legs by 7 months
- Shows no interest in peek-a-boo by 8 mos.

(8 Months-12 Months)

Social and Emotional

- Shy or anxious with strangers
- Finger-feeds self
- Extends arm or leg to help when being dressed
- Prefers mother/regular caregiver over others
- Enjoys imitating people in her play
- Looks in the direction of your point

Cognitive

- Finds hidden objects easily
- Imitates gestures
- Explores objects in different ways
- Looks at correct picture when named

Language

- Says "dada" and "mama"
- Responds to simple verbal requests
- Tries to imitate words
- Uses exclamations such as "uh-oh"
- Uses simple gestures (shakes head no)

Movement

- Crawls forward on belly
- Assumes hands-and-knees position
- Creeps on hands and knees
- Pulls self up to stand
- Walks holding on to furniture
- Stands momentarily without support

Hand and Finger Skills

- Bangs two objects together
- Puts objects into container
- Pokes with finger
- Takes objects out of container

Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs for this age:

- Doesn't crawl
- Can't stand when supported
- Drags one side of body when crawling
- Says no single words
- Doesn't learn to use gestures such as waving
- Experiences a dramatic loss of skills she once had

(12 Months-24 Months)

Social and Emotional

- Imitates behavior of others- esp. adults
- More aware of herself as separate from others
- More excited about company of other children
- Demonstrates increasing independence
- Begins to show defiant behavior
- Separation anxiety begins to show mid-year then fades

Cognitive

- Finds objects when hidden
- Begins to sort by shape and color
- Begins make-believe play

Language

- Points to object or picture when named for him
- Recognizes names of familiar people, objects and body parts
- Says several single words (by 15-18 mo)
- Uses simple phrases (by 18-24 months)
- Uses 2-3 word sentences
- Follows simple instructions
- Repeats words overheard in conversation

Movement

- Walks alone
- Pulls toys behind while walking
- Carries large toy while walking
- Begins to run
- Stands on tiptoe
- Kicks a ball
- Climbs onto and down furniture by self
- Walks up/down stairs with support

Hand & Finger Skills

- Scribbles on his or her own
- Turns over container to pour out contents
- Builds tower of 4 blocks or more
- Might use one hand more often than other

Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs for this age:

- Cannot walk by 18 months
- Fails to develop heel-toe walk after several months of walking or walks only on toes
- Doesn't speak at least 15 words