**0-3 Month Milestones**

**Motor Milestones**

* While lying on tummy, pushes up on arms
* While lying on tummy, lifts and holds head up
* Able to move fists from closed to open
* Able to bring hands to mouth
* excited

**Sensory Milestones**

* While lying on back, attempts to reach for a toy held above their chest
* While lying on back, visually tracks a moving toy from side to side
* While lying on back, keeps head centered to watch faces or toys
* Able to calm with rocking, touching, and gentle sounds
* Enjoys a variety of movements

**Communication Milestones**

* Quiets or smiles in response to sound or voice
* Turns head towards sound or voice
* Shows interest in faces
* Makes eye contact
* Cries differently for different needs (e.g. hungry vs. tired)
* Coos and smiles

**Feeding Milestones**

* Latches onto nipple or bottle
* Tongue moves forward and back to suck
* Drinks 2 oz. to 6 oz. of liquid per feeding, 6 times per day
* Sucks and swallows well during feeding

**0-3 Month Abilities**

**Play and Social Skills**

* Enjoys playful face-to-face interaction with people
* Coos in response to playful interaction
* Notices and responds to sounds

**Coordination**

* Moves legs and arms off of surface when excited
* Uses vision to follow black and white or brightly colored objects
* Is able to open and shut hands
* Is able to bring hands to mouth
* Is able to be on tummy for short bursts of time

**Daily Activities**

* Is able to latch on while nursing or bottle feeding
* Is able to calm during car rides when not tired or hungry
* Enjoys bath time
* Is usually able to tolerate diaper changing without crying

**Self-Expression**

* Is able to be comforted by cuddling or a parent’s touch
* Is not upset with everyday sounds
* Is usually happy when not hungry or tired
* Enjoys varied playful movement experiences (e.g. bouncing on knees)
* Is able to calm with experiences such as rocking, touching, and calm sounds
* Does not demonstrate frequent or long bouts of being upset

**0-3 Month Warning Signs**

**Motor**

* Difficulty lifting head
* Stiff legs with little or no movement
* Keeps hands fisted and lacks arm movement
* Pushes back with head while lying on back

**Sensory**

* Does not follow an object with their eyes
* Frequently resists being held
* Fists remain closed most of the time
* Does not enjoy different types of movement

**Communication**

* Does not cry when hungry or uncomfortable
* Does not notice or respond to loud sounds
* Does not make eye contact or smile at caregiver

**Feeding**

* Unable to latch on while nursing or bottle feeding
* Loses a lot of breast milk or formula out of side of mouth while feeding

#### 4-6 Month Milestones

#### Motor Milestones

* Uses hands to support self while sitting
* Rolls from back to tummy and tummy to back
* While standing with support, accepts entire weight with legs
* Reaches for nearby toys while on tummy
* While lying on back, reaches both hands to play with feet
* While lying on back, transfers a toy from one hand to the other

#### Sensory Milestones

* Uses both hands to explore toys
* Generally happy when not hungry or tired
* Brings hands and objects to mouth
* Able to calm with rocking, touching, and gentle sounds
* Is not upset by everyday sounds
* Enjoys a variety of movements

#### Communication Milestones

* Reacts to sudden noises or sounds
* Listens and responds when spoken to
* Begins to use consonant sounds in babbling, e.g. “da, da, da”
* Uses babbling to get attention
* Makes different kinds of sounds to express feelings
* Notices toys that make sounds

#### Feeding Milestones

* Shows interest in food
* Opens mouth as spoon approaches
* Moves pureed food from front of mouth to back
* Begins to eat cereals and pureed foods – Smooth, pureed food (single ingredient only), like carrots, sweet potato, squash, apples, pear

#### 4-6 Month Abilities

#### Play and Social Skills

* Enjoys playful interactions with others (such as peek a boo)
* Is vocalizing in response to playful interaction
* Turns head toward sounds
* Maintains eye contact with familiar people during playful interaction
* Enjoys playing with toys of varied textures
* Enjoys musical toys
* Raises hands to be picked up
* Enjoys various types of movement, such as being gently swung

#### Coordination

* Is beginning to put weight through feet when supported in standing
* Is able to lift head forward when being pulled to sitting, from lying on back
* Is able to play on tummy for short bursts of time
* Is able to roll from tummy to back (5 months) and from back to tummy (6 months)
* Is able to pick up head and prop on elbows during [tummy time](https://pathways.org/glossary/tummy-time/)
* Uses hands to play with and explore toys
* Uses both hands equally to play with toys
* Is able to turn head to visually follow motivating toys and people

#### Daily Activities

* Is able to latch on while nursing or bottle feeding
* Is able to stay calm during car rides when not tired or hungry
* Enjoys bath time
* Is usually able to tolerate diaper changing without crying
* Is not fearful when moving to lying on back for diaper changing

#### Self-Expression

* Is able to be comforted by cuddling or a parent’s touch
* Is not fearful of everyday sounds
* Is generally happy when not hungry or tired
* Enjoys varied playful movement experiences (e.g. bouncing on knees)
* Is able to calm with experiences such as rocking, touch, and soothing sounds

#### 0-4 Month Warning Signs

#### Motor

* Sits with a rounded back
* Poor head control and unable to lift head
* Difficulty bringing arms forward to reach out
* Arches back and stiffens legs when pulling to a sit
* Holds arms back and has stiff legs in a supported stand

#### Sensory

* Does not try to grasp or reach for toys
* Does not bring hands or objects to mouth
* Frequently irritable for no apparent reason
* Does not visually track moving objects

#### Communication

* Does not respond to sounds or voices
* Does not make any vowel sounds
* Avoids eye contact
* Does not smile or laugh

#### Feeding

* Does not hold own bottle during feeding

**7-9 Month Milestones**

#### Motor Milestones

* Sits without support
* Sits and reaches for toys without falling
* Moves from tummy or back into sitting
* Starts to move with alternate leg and arm movement e.g. creeping, crawling
* Picks up head and pushes through elbows during Tummy Time
* Turns head to visually track objects while sitting
* Shows more control while rolling and sitting
* Picks up small objects with thumbs and fingers
* In simple play imitates others

#### Sensory Milestones

* Enjoys a variety of movements – bouncing up and down, rocking back and forth
* Explores and examines an object using both hands and mouth
* Turns several pages of a chunky (board) book at once
* Experiments with the amount of force needed to pick up different objects
* Focuses on objects near and far
* Investigates shapes, sizes, and textures of toys and surroundings
* Observes environment from a variety of positions – while lying on back or tummy, sitting, crawling, and standing with assistance

#### Communication Milestones

* Uses increased variety of sounds and syllable combinations in babbling
* Looks at familiar objects and people when named
* Recognizes sound of name
* Participates in two-way communication
* Follows some routine commands when paired with gestures
* Shows recognition of commonly used words
* Uses simple gestures, e.g. shaking head for “no”
* Imitates sounds

#### Feeding Milestones

* In a high chair, holds and drinks from a bottle
* Begins to eat thicker pureed and mashed table foods
* Enjoys teethers that can massage sore and swollen gums during teething
* Stays full longer after eating
* Starts to look and reach for objects such as food that is nearby
* Shows strong reaction to new smells and tastes

**7-9 Month Abilities**

#### Play and Social Skills

* Is interested in interacting with others (such as peek a boo)
* Enjoys playing with toys of varied textures
* Enjoys playing with musical toys
* Is interested in playing with colorful objects
* Raises hands towards adult to be picked up
* Maintains eye contact with people during playful interaction
* Enjoys moving to explore the environment when placed on floor
* Enjoys various types of movement, such as being gently swung in the air by parents

#### Coordination

* Is able to put weight through feet when supported in standing
* Is able to pick up head and push through elbows during tummy time
* Keeps head forward when being pulled to sitting from lying on back
* Is able to play on tummy
* Moves on floor to get desirable toy
* Moves in and out of various positions (e.g. sitting, tummy, and hands and knees)
* Is able to turn head to visually follow motivating toys and people
* Maintains balance while sitting and using two hands together to explore toys
* Uses both hands equally to play with toys

#### Daily Activities

* Is able to latch on while nursing or bottle feeding
* Enjoys bath time
* Is able to self calm in car rides when not tired or hungry
* Usually tolerates diaper changes without crying
* Is not fearful of tipping head back when moving from sitting to lying down, for activities such as diaper changing
* Is able to transition from milk or formula to infant cereal

#### Self-Expression

* Is able to be comforted by cuddling or a parent’s touch
* Is generally happy when not hungry or tired
* Is able to calm with experiences such as rocking, touch, and soothing sounds
* Is not fearful of everyday sounds
* Has an established and reliable sleeping schedule

**7-9 Month Warning Signs**

#### Motor

* Uses one hand predominately
* Rounded back when sitting, inability to straighten back
* Poor use of arms in sitting
* Difficulty crawling
* Uses only one side of the body to move
* Cannot take weight on legs
* Does not transfer toys from one hand to the other

#### Sensory

* Does not enjoy playing with toys of varied textures
* Does not enjoy playing with musical toys
* Is not interested in playing with colorful objects
* Does not move to explore environment when placed on the floor
* Does not enjoy different types of movement such as being swung
* Seems fearful of everyday sounds

#### Communication

* Is not interested in interacting with others
* Does not maintain eye contact during playful interaction
* Unresponsive to sounds or voices
* Does not babble
* Does not respond to own name

#### Feeding

* Unable to latch on while nursing or bottle feeding

#### 10-12 Month Milestones

#### Motor Milestones

* Pulls to stand and cruises along furniture
* Stands alone and takes several independent steps
* Moves in and out of various positions to explore environment and get desired toys
* Maintains balance in sitting when throwing objects
* Claps hands
* Releases objects into a container with a large opening
* Uses thumb and pointer finger to pick up tiny objects

#### Sensory Milestones

* Enjoys listening to songs
* Explores toys with hands, fingers, and mouth
* Crawls to or away from objects baby sees in the distance

#### Communication Milestones

* Meaningfully uses “mama” or “dada”
* Responds to simple directions, e.g. “Come here”
* Produces long strings of gibberish (jargoning) in social communication
* Says one or two words
* Imitates speech sounds
* Babbling has sounds and rhythms of speech
* Pays attention to where you are looking and pointing
* Responds to “no”
* Begins using hand movements to communicate wants and needs, e.g. reaches to be picked up

#### Feeding Milestones

* Finger feeds self
* Eating an increasing variety of food
* Begins to use an open cup
* Ready to try soft-cooked vegetables, soft fruits, and finger foods e.g. banana slices, cooked pasta
* Might be ready to start self feeding with utensils
* Enjoys a greater variety of smells and tastes

#### 10-12 Month Abilities

#### Play and Social Skills

* Is interested in interacting with others (such as peek a boo)
* Maintains eye contact with people during playful interactions
* Raises hands to be picked up
* Turns head in response to name being called
* Points to objects of interest by 12 months
* Enjoys playing with toys of varied textures
* Enjoys playing and banging musical toys
* Enjoys various types of movement, such as being gently swung in the air by parents
* Frequently explores the environment when placed on floor
* Enjoys moving to get a desirable toy

#### Coordination

* Moves in and out of various positions (e.g. crawling, climbing, [cruising](https://pathways.org/glossary/cruising/), and walking) to explore environment and get desired toys
* Keeps head forward when being pulled to sitting from lying on back
* Is able to pull self to stand
* Is able to hold head upright while crawling by 11 months
* Primarily crawls or walks to get desired objects
* Puts weight through hands or feet when moving in and out of positions and while supported in standing
* Is able to sit unsupported and turn head to look at objects without losing balance
* Is able to throw balls and maintain balance
* Uses both hands equally to play and explore toys
* Is able to clap hands
* Enjoys and seeks out various ways to move and play

#### Daily Activities

* Usually enjoys bath time
* Is able to self calm in car rides when not tired or hungry
* Is usually able to tolerate diaper changing without crying
* Is not fearful of tipping head back when moving from sitting to lying on back
* Is able to use fingertips to pick up small objects, such as small pieces of food
* Is eating an increasing variety of food
* Can usually participate in dressing without becoming upset
* Has an established sleep schedule
* Is usually able to calm self to fall asleep

#### Self-Expression

* Is comforted by cuddling and a parent’s touch
* Has grown accustomed to everyday sounds and is usually not startled by them
* Is generally happy when not hungry or tired
* Is able to calm with experiences such as rocking, touch, and calm sounds
* Is able to enjoy a wide variety of touch, noise, and smells
* Cries and notices when hurt
* Is able to self soothe when upset

#### 10-12 Month Warning Signs

#### Motor

* Difficulty getting to stand because of stiff legs and pointed toes
* Only uses arms to pull up to standing
* Sits with weight to one side
* Strongly flexed or stiffly extended arms
* Needs to use hands to maintain sitting position
* Poor head control in upright position

#### Sensory

* Becomes fussy in response to movement
* Extreme reactions to touch or when exposed to new textures

#### Communication

* Does not turn when someone calls their name
* Shows no recognition of familiar words such as “mama” “dada” “doggy”

#### Feeding

* Does not use fingertips to pick up small objects of food
* Baby rejects solid foods, preferring only milk

**By their first birthday, typically babies:**

* Sit without assistance
* Get into hands-and-knees position
* Crawl
* Pull self up to stand
* Walk holding onto furniture, and possibly a few steps without support
* Use pincer grasp (thumb and forefinger)
* Say “dada” and “mama”
* Use exclamations, such as “oh-oh!”
* Try to imitate words
* Respond to “no” and simple verbal requests
* Use simple gestures, such as shaking head “no” and waving bye-bye
* Explore objects in many ways (shaking, banging, throwing, dropping)
* Begin to use objects correctly (drinking from cup, brushing hair)
* Find hidden objects easily
* Look at correct picture when an image is named

**By their second birthday, typically children:**

* Walk alone
* Pull toys behind them while walking
* Carry large toy or several toys while walking
* Begin to run
* Kick a ball
* Climb on and off furniture without help
* Walk up and down stairs while holding on to support
* Scribble with crayon
* Build tower of four blocks or more
* Recognize names of familiar people, objects and body parts
* Say several single words (by 15 to 18 months)
* Use simple phrases (by 18 to 24 months)
* Use two- to four-word sentences (“want snack”)
* Follow simple instructions
* Begin to sort objects by shapes and colors
* Begin to play make-believe
* Imitate behavior of others
* Show growing independence