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American Speech Language & Hearing

Association: [ASHA.com](http://ASHA.com)

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## Milestones: 1 to 6 months

Reviewed by the BabyCenter Medical Advisory Board  
En español

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### In this article

- 1 month
- 3 months
- 4 to 7 months

As you learn what milestones your baby is likely to achieve this year, keep in mind that this is only a guideline. Each child is unique and develops at her own pace. There's a wide range of what's considered normal, and you probably don't need to be concerned unless you notice one of the red flags described below.

### 1 month

#### Milestones

The first days with your baby can be a blur of feeding, changing diapers, settling her to sleep, and responding to her wails. But within a few weeks, she'll start to take more notice of your voice, face, and touch.

Your baby can't focus farther than 8 to 12 inches away – just the right distance for her to gaze at your face. Black-and-white patterns also draw her attention. Her hearing is fully developed and she might turn toward familiar sounds, such as your voice.

She can lift her head briefly and turn it to the side when she's on her stomach, but when she's upright, her head and neck still need support. Although her arms move jerkily, she can get her hands close to her mouth.

#### Your role

Enjoy getting to know your baby: Cuddle her, talk to her, and learn how she signals when she's sleepy or hungry. Be attentive and responsive. You can't spoil a baby!

Give her plenty of tummy time from the start when she's awake so she can strengthen her muscles. Encourage her to look at and reach for toys.

Make sure she gets plenty of time outside. Go for walks with her and take her to the park or playground. She'll enjoy the outdoors, relaxing with you, and being around other children.

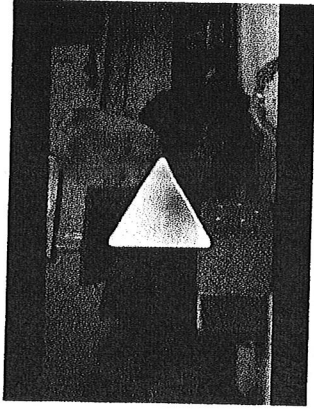
Get close and make eye contact with your baby when you talk, sing, and read to her. Play simple games when she's alert and in the mood, such as peekaboo or mimicking her sounds. Learn the signs that she's had enough play and needs some down time.

#### Red flags

Each child develops at her own pace, but talk to your baby's doctor if your 1-month-old:

- Feeds slowly or doesn't suck well
- Doesn't seem to focus her eyes or watch things moving nearby
- Doesn't react to bright lights
- Seems especially stiff or floppy
- Doesn't respond to loud sounds

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### 3 months

#### Milestones

By now, you're basking in the warmth of your baby's delighted smiles! He actively enjoys playtime now, amusing you both when he imitates your facial expressions. He's starting to babble and mimic the sounds you make.

You no longer need to support his head. When he's on his stomach, he can lift his head and chest, and even do the mini-pushups that set the stage for rolling over. He can open and close his hands, shake toys, swat at dangling objects, bring his hands to his mouth, and push down with his legs if you hold him in a standing position.

His hand-eye coordination is improving. You'll notice him closely tracking objects that interest him and focusing intently on faces. He's able to recognize you from across the room!

#### Your role

Don't worry about spoiling your baby: Responding to him promptly helps him feel secure and loved. You can help him learn to soothe himself by guiding his thumb to his mouth or offering him a pacifier.

Continue to make tummy time part of his daily routine so he can practice his new skills and strengthen his muscles. When he's on his tummy, give him toys and safe objects he can reach for, hold, and explore.

Give your baby lots of loving attention. Talk to him throughout the day, describing what you're doing and naming familiar objects. Read books together. Share cuddles, play games, and encourage his efforts to roll over, grab toys, and "talk" with you.

#### Red flags

Each child develops at his own pace, but talk to your child's doctor if your 3-month-old:

- Can't support his head well
- Can't grasp objects
- Can't focus on moving objects
- Doesn't smile
- Doesn't react to loud sounds
- Ignores new faces
- Seems upset by unfamiliar people or surroundings

### 4 to 7 months

#### Milestones

Your baby is fully engaged with the world now. She smiles, laughs, and has babbling "conversations" with you. And she's on the move – by 7 months she can probably roll to her tummy and back again, sit without your help, and support her weight with her legs well enough to bounce when you hold her. She uses a raking grasp to pull objects closer and can hold toys and move them from one hand to another.

Your baby is more sensitive to your tone of voice and may heed your warning when you tell her "no." She also knows her name now and turns to look at you when you call her.

Peekaboo is a favorite game and she enjoys finding partially hidden objects. She views the world in full color now and can see farther. If you move a toy in front of her, she'll follow it closely with her eyes. Watching herself in a mirror is sure to delight her.

#### Your role

Your baby thrives on the interactions she has with you, so integrate play into everything you do with her. Shower her with smiles and cuddles, and reply when she babbles to encourage her communication skills. Read together every day, naming the objects you see in books and around you.

Give her lots of opportunities to strengthen her new physical skills by helping her sit and positioning her to play on both her stomach and back. Before she can crawl, be sure to childproof your home and keep her environment safe for exploring.

Provide a variety of age-appropriate toys and household objects (like wooden spoons or cartons) to explore. Work on establishing a routine for sleeping, feeding, and playtime.

By 6 months, she may be ready to start solid food.

#### Red flags

Each child develops at her own pace, but talk to your child's doctor if your baby:

- Seems very stiff or floppy
- Can't hold her head steady
- Can't sit on her own
- Doesn't respond to noises or smiles
- Isn't affectionate with those closest to her
- Doesn't reach for objects

On to the next stage: 7 to 12 months

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### In this article

4 to 7 months  
8 to 12 months

### 4 to 7 months

#### Milestones

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Provide a variety of age-appropriate toys and household objects (like wooden spoons or cartons) to explore. Work on establishing a routine for sleeping, feeding, and playtime.

By 6 months, she may be ready to start solid food.

#### Red flags

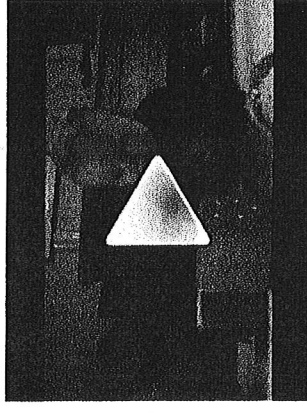
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- Isn't affectionate with those closest to her
- Doesn't reach for objects

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### 8 to 12 months

#### Milestones

Look at your baby go! He's become an eager explorer, and it might surprise you how quickly he can get around when he crawls or scoots. He can sit on his own now and grabs anything he can to pull himself up to standing and "cruise." He might even take some solo steps before his first birthday.

His babbling sounds more like real conversation, and you'll hear his first words – often "mama" or "dada." Soon he'll talk in simple phrases, but in the meantime he uses gestures to indicate what he wants – or doesn't want! – and pays close attention to your words.

His hands are increasingly nimble: He amuses himself putting things in containers and taking them out again. He can use his thumb and finger in a pincer grasp to eat finger food. Your baby loves to be just like you by combing his own hair, drinking from a cup, and pretending to talk on the phone. While he may seem outgoing, he's probably reserved around strangers. And when you leave him, he may become distraught – separation anxiety is normal at this age.

#### Your role

Keep talking to your baby. This is a critical time for his language development. Describe your routine, what you're doing now and what you're going to do next, and what you see. Describing how you think your baby is feeling helps him learn emotions. Keep reading together and play peekaboo, hide-and-seek, and turn-taking games.

As he gets more active, it's important to provide a safe space to explore. He may not be walking quite yet, but you can help him get ready by holding him in a way that puts weight on his legs or by propping him up against the sofa.

Pay attention to what he enjoys, and give him the freedom to use all his senses to play and discover. Offer him crayons and paper, stacking blocks, empty food containers, and pots and pans to play with.

Praise and reward good behavior. If he gets into mischief, a brief "no" and redirection is usually enough. Although he's too young to understand and obey rules, you can start showing him which behaviors aren't allowed and helping him find more appropriate activities.

Be respectful of his separation anxiety. Build trust by giving him time to get used to new caregivers and always saying goodbye before you leave.

#### Red flags

Each child develops at his own pace, but talk to your child's doctor if your baby:

- Doesn't crawl
- Seems to drag one side while he's crawling for a month or more
- Can't stand with support
- Doesn't try to find objects you've hidden in front of him
- Doesn't say any words
- Doesn't use gestures, such as shaking his head "no" and pointing

On to the next stage: [13 to 24 months](#)

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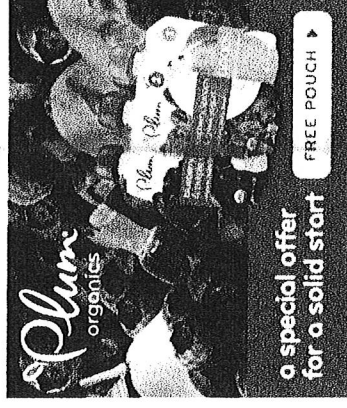
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# Your Child at 1 Year



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 1st birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

## What Most Children Do at this Age:

### Social/Emotional

- Is shy or nervous with strangers
- Cries when mom or dad leaves
- Has favorite things and people
- Shows fear in some situations
- Hands you a book when he wants to hear a story
- Repeats sounds or actions to get attention
- Puts out arm or leg to help with dressing
- Plays games such as "peek-a-boo" and "pat-a-cake"

### Language/Communication

- Responds to simple spoken requests
- Uses simple gestures, like shaking head "no" or waving "bye-bye"
- Makes sounds with changes in tone (sounds more like speech)
- Says "mama" and "dada" and exclamations like "uh-oh!"
- Tries to say words you say

### Cognitive (learning, thinking, problem-solving)

- Explores things in different ways, like shaking, banging, throwing
- Finds hidden things easily
- Looks at the right picture or thing when it's named
- Copies gestures
- Starts to use things correctly; for example, drinks from a cup, brushes hair
- Bangs two things together
- Puts things in a container, takes things out of a container
- Lets things go without help
- Pokes with index (pointer) finger
- Follows simple directions like "pick up the toy"

### Movement/Physical Development

- Gets to a sitting position without help
- Pulls up to stand, walks holding on to furniture ("cruising")
- May take a few steps without holding on
- May stand alone

## Act Early by Talking to Your Child's Doctor if Your Child:

- Doesn't crawl
- Can't stand when supported
- Doesn't search for things that she sees you hide.
- Doesn't say single words like "mama" or "dada"
- Doesn't learn gestures like waving or shaking head
- Doesn't point to things
- Loses skills he once had

**Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program. For more information, go to [www.cdc.gov/concerned](http://www.cdc.gov/concerned) or call 1-800-CDC-INFO.**

Adapted from *CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5*, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and *BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS*, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

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## Milestones: 13 to 24 months

Reviewed by the BabyCenter Medical Advisory Board  
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State

In this article  
 13 to 24 months

As you learn what milestones your toddler is likely to master this year, keep in mind that this is only a guideline. Each child is unique and develops at his own pace. There's a wide range of what's considered normal, and you probably don't need to be concerned unless you notice one of the red flags described below.

### 13 to 24 months Milestones

In his second year, your toddler will grow confident on his feet. Those first wobbly steps set him on course to walk by himself, go up and down stairs, stand on his tiptoes, kick a ball, and maybe even run by the time he turns 2.

He'll also become quite the climber, scrambling onto sofas and chairs.

His language skills are growing, though he understands more than he can express. By 18 months, he can say at least several single words, and by 24 months he uses words in short phrases and sentences.

He quickly picks up new words from the books you read aloud to him and from hearing everyday conversations. He can follow two-step directions, such as "Pick up your book and bring it to me."

Your toddler is starting to identify shapes and colors. He scribbles with a crayon, builds towers of four or more blocks, throws a ball, and enjoys filling and emptying containers. You might notice the first signs that indicate whether he'll be left- or right-handed.

Your toddler wants to do everything himself. Get his clothes on and off, feed himself with a cup and utensils, and wash his hands. "I do it!" may even be your toddler's first phrase.

He might start to show interest in learning how to use a toilet. He'll have fun imitating you by talking on a play phone, "feeding" a doll, or pretending to drive a car.

Separation anxiety peaks midyear, and by 24 months he'll be more comfortable playing alongside other children and spending time with other caregivers. Meanwhile, he'll grow increasingly independent – and possibly defiant.

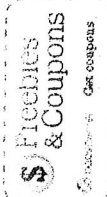
#### Your role

Foster his verbal skills by putting feelings into words, posing questions, talking about the books you read together, asking his opinion, and answering his questions about the world around him. Start teaching him letters and numbers.

Be careful not to scold him for using words incorrectly – just correctly rephrase what he said. When he points to something he wants, prompt him to ask for it instead. Practice identifying the parts of his body and naming familiar objects.

Encourage pretend play with dolls and play food. Ask him to help sort toys by putting them in similar

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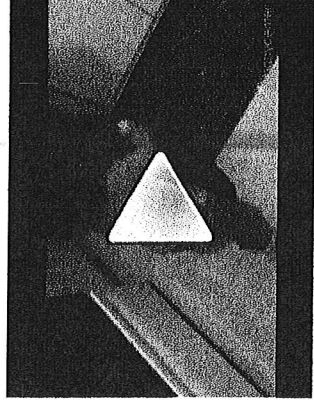


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categories, such as red toys or soft toys. Let him practice feeding himself with a cup and utensils. Make sure he gets plenty of time outside. Take him the park, playground, or zoo to walk, run, and freely explore.

Continue to reinforce good behavior with praise and attention. Set simple and clear limits and follow through with consequences calmly and consistently. Give your toddler this or that options and allow him to make choices. Be patient and positive, and remember that he's only just beginning to learn how to control and express himself.

As he gains new skills, take a fresh look around your home and adjust your childproofing strategy so he can explore freely and safely.

#### Red flags

Each child develops at his own pace, but talk to your child's doctor if your toddler:

- Can't walk by 18 months
- Doesn't understand the use of everyday objects
- Doesn't speak at least six words by 18 months or two-word sentences by 24 months
- Doesn't imitate words and actions
- Doesn't follow simple instructions
- Loses skills he previously had

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Go to the previous stage: 7 to 12 months

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# Your Child at 2 Years



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 2nd birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

## What Most Children Do at this Age:

### Social/Emotional

- Copies others, especially adults and older children
- Gets excited when with other children
- Shows more and more independence
- Shows defiant behavior (doing what he has been told not to)
- Plays mainly beside other children, but is beginning to include other children, such as in chase games

### Language/Communication

- Points to things or pictures when they are named
- Knows names of familiar people and body parts
- Says sentences with 2 to 4 words
- Follows simple instructions
- Repeats words overheard in conversation
- Points to things in a book

### Cognitive (learning, thinking, problem-solving)

- Finds things even when hidden under two or three covers
- Begins to sort shapes and colors
- Completes sentences and rhymes in familiar books
- Plays simple make-believe games
- Builds towers of 4 or more blocks
- Might use one hand more than the other
- Follows two-step instructions such as "Pick up your shoes and put them in the closet."
- Names items in a picture book such as a cat, bird, or dog

### Movement/Physical Development

- Stands on tiptoe
- Kicks a ball
- Begins to run

- Climbs onto and down from furniture without help
- Walks up and down stairs holding on
- Throws ball overhand
- Makes or copies straight lines and circles

## Act Early by Talking to Your Child's Doctor if Your Child:

- Doesn't use 2-word phrases (for example, "drink milk")
- Doesn't know what to do with common things, like a brush, phone, fork, spoon
- Doesn't copy actions and words
- Doesn't follow simple instructions
- Doesn't walk steadily
- Loses skills she once had

**Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program. For more information, go to [www.cdc.gov/concerned](http://www.cdc.gov/concerned) or call 1-800-CDC-INFO.**

The American Academy of Pediatrics recommends that children be screened for general development and autism at the 24-month visit. Ask your child's doctor about your child's developmental screening.

Adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.



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## Milestones: 25 to 36 months

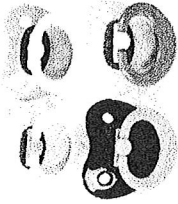
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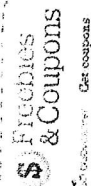
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- Milestones
- Your role
- Red flags



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Keep in mind that this is only a guideline to what to expect from your preschooler this year. Each child is unique and develops at her own pace. There's a wide range of what's considered normal, and you probably don't need to be concerned unless you notice one of the red flags described below.

### Milestones

Your preschooler's imagination is taking off: Playing make-believe is a hallmark of this age, along with fears about imaginary monsters and more ordinary things such as the dark or the vacuum cleaner. She might have a hard time sorting out fantasy and reality.

Her speech is becoming clear enough that strangers can usually understand her. She can use some pronouns properly and follow multi-step instructions. Her vocabulary is increasing dramatically. She'll be using hundreds of words by the time she's 3.

She can walk up and down stairs, jump, and pedal a tricycle. Her manual dexterity is improving too: Your preschooler is figuring out how to open doors and containers and can manipulate moving parts on toys. She can also draw a circle and complete simple puzzles.

You'll see her start to develop friendships, showing empathy and affection for her playmates – and even her dolls! She's getting the hang of taking turns and sharing, but may struggle with tantrums when her emotions get the best of her.

### Your role

Provide your child with lots of opportunities to play with kids her own age. Give her a chance to resolve disputes with her friends, but be ready to step in and facilitate sharing or taking turns. She'll need help figuring out how to solve problems and how to handle her emotions.

Play learning games: Count stairs together, ask her to find matching toys, and name body parts. Pretend play may help her sort through emotions, but let her direct the play. Make sure she gets plenty of time outside to run, hop, pedal, and freely explore.

Set simple and clear limits and follow through with consequences calmly and consistently. Be sure to praise her when she behaves well.

Stay on top of her evolving skills and childproof your home accordingly.

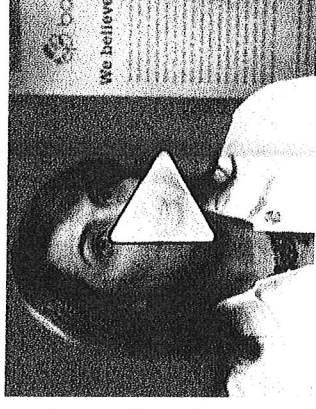
She might be ready to move from her crib to a bed near her third birthday. Watch for signs that your preschooler is ready for toilet training.

### Red flags

Each child develops at her own pace, but talk to your child's doctor if your preschooler still:

- Struggles with separation anxiety
- Doesn't interact with people outside her family
- Doesn't play with other children

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- Avoids eye contact
- Can't throw a ball or jump
- Can't climb stairs with alternating feet
- Has trouble scribbling
- Doesn't use more than three words in a sentence
- Isn't able to complete a sentence
- Is often difficult for strangers to understand when she talks
- Doesn't play make-believe
- Excessively balks at basic self-care, like getting dressed or going to sleep
- Loses skills she previously had

Back to the previous stage: 13 to 24 months

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### VIDEO



Parents' tips for stopping the tears

### POLL



Do you think your child is gifted?

### ARTICLE



Prepare your preschooler for a new baby

## Member Comments



mrs.herron88 says

My daughter is 27 months and I can't get her to do the simply thing like getting her self dress and undress she try's but get mad when she can't. Also can get her to stay Focus I think she has selective focus when it's something she wants to do. And also my daughter still mumbles a few words some I can understand other not so clear should I be worried ? I mean she can count to 5 and say her abc up to g and can name 6 body parts clearly but if I'm taking with her she mumbles

0 out of 0 found this comment helpful  
Was this comment helpful? Yes | No

09/29/2014 | 3:33 PM

[Report comment](#)



Kimmo says

PPOO Is it possible that he is getting over tired causing him not to want to sleep at night. Maybe try an earlier bedtime or even a nap during the day that way he is not too tired at bedtime. On the other side of that is he getting enough energy dispelled to be tired by bedtime? Do you wind down before his bedtime or does it appear that you are going to stay up? Sometimes kids don't want to miss out on anything, so they fight sleep! Hope something helps.

0 out of 0 found this comment helpful  
Was this comment helpful? Yes | No

09/08/2014 | 8:10 PM

[Report comment](#)

# Your Child at 3 Years



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 3rd birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

## What Most Children Do at this Age:

### Social/Emotional

- Copies adults and friends
- Shows affection for friends without prompting
- Takes turns in games
- Shows concern for a crying friend
- Understands the idea of "mine" and "his" or "hers"
- Shows a wide range of emotions
- Separates easily from mom and dad
- May get upset with major changes in routine
- Dresses and undresses self

### Language/Communication

- Follows instructions with 2 or 3 steps
- Can name most familiar things
- Understands words like "in," "on," and "under"
- Says first name, age, and sex
- Names a friend
- Says words like "I," "me," "we," and "you" and some plurals (cars, dogs, cats)
- Talks well enough for strangers to understand most of the time
- Carries on a conversation using 2 to 3 sentences

### Cognitive (learning, thinking, problem-solving)

- Can work toys with buttons, levers, and moving parts
- Plays make-believe with dolls, animals, and people
- Does puzzles with 3 or 4 pieces
- Understands what "two" means
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Builds towers of more than 6 blocks
- Screws and unscrews jar lids or turns door handle

### Movement/Physical Development

- Climbs well
- Runs easily
- Pedals a tricycle (3-wheel bike)
- Walks up and down stairs, one foot on each step

## Act Early by Talking to Your Child's Doctor if Your Child:

- Falls down a lot or has trouble with stairs
- Drools or has very unclear speech
- Can't work simple toys (such as peg boards, simple puzzles, turning handle)
- Doesn't speak in sentences
- Doesn't understand simple instructions
- Doesn't play pretend or make-believe
- Doesn't want to play with other children or with toys
- Doesn't make eye contact
- Loses skills he once had

**Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your local public school. For more information, go to [www.cdc.gov/concerned](http://www.cdc.gov/concerned) or call 1-800-CDC-INFO.**

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

1-800-CDC-INFO

Learn the Signs. Act Early.

# Your Child at 4 Years



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 4th birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

## What Most Children Do at this Age:

### Social/Emotional

- Enjoys doing new things
- Plays "Mom" and "Dad"
- Is more and more creative with make-believe play
- Would rather play with other children than by himself
- Cooperates with other children
- Often can't tell what's real and what's make-believe
- Talks about what she likes and what she is interested in

### Language/Communication

- Knows some basic rules of grammar, such as correctly using "he" and "she"
- Sings a song or says a poem from memory such as the "Itsy Bitsy Spider" or the "Wheels on the Bus"
- Tells stories
- Can say first and last name

### Cognitive (learning, thinking, problem-solving)

- Names some colors and some numbers
- Understands the idea of counting
- Starts to understand time
- Remembers parts of a story
- Understands the idea of "same" and "different"
- Draws a person with 2 to 4 body parts
- Uses scissors
- Starts to copy some capital letters
- Plays board or card games
- Tells you what he thinks is going to happen next in a book

### Movement/Physical Development

- Hops and stands on one foot up to 2 seconds
- Catches a bounced ball most of the time
- Pours, cuts with supervision, and mashes own food

## Act Early by Talking to Your Child's Doctor if Your Child:

- Can't jump in place
- Has trouble scribbling
- Shows no interest in interactive games or make-believe
- Ignores other children or doesn't respond to people outside the family
- Resists dressing, sleeping, and using the toilet
- Can't retell a favorite story
- Doesn't follow 3-part commands
- Doesn't understand "same" and "different"
- Doesn't use "me" and "you" correctly
- Speaks unclearly
- Loses skills he once had

**Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your local public school. For more information, go to [www.cdc.gov/concerned](http://www.cdc.gov/concerned) or call 1-800-CDC-INFO.**

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

1-800-CDC-INFO



Learn the Signs. Act Early.

# Your Child at 5 Years



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 5th birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

## What Most Children Do at this Age:

### Social/Emotional

- Wants to please friends
- Wants to be like friends
- More likely to agree with rules
- Likes to sing, dance, and act
- Is aware of gender
- Can tell what's real and what's make-believe
- Shows more independence (for example, may visit a next-door neighbor by himself [adult supervision is still needed])
- Is sometimes demanding and sometimes very cooperative

### Language/Communication

- Speaks very clearly
- Tells a simple story using full sentences
- Uses future tense; for example, "Grandma will be here."
- Says name and address

### Cognitive (learning, thinking, problem-solving)

- Counts 10 or more things
- Can draw a person with at least 6 body parts
- Can print some letters or numbers
- Copies a triangle and other geometric shapes
- Knows about things used every day, like money and food

### Movement/Physical Development

- Stands on one foot for 10 seconds or longer
- Hops; may be able to skip
- Can do a somersault
- Uses a fork and spoon and sometimes a table knife
- Can use the toilet on her own
- Swings and climbs

## Act Early by Talking to Your Child's Doctor if Your Child:

- Doesn't show a wide range of emotions
- Shows extreme behavior (unusually fearful, aggressive, shy or sad)
- Unusually withdrawn and not active
- Is easily distracted, has trouble focusing on one activity for more than 5 minutes
- Doesn't respond to people, or responds only superficially
- Can't tell what's real and what's make-believe
- Doesn't play a variety of games and activities
- Can't give first and last name
- Doesn't use plurals or past tense properly
- Doesn't talk about daily activities or experiences
- Doesn't draw pictures
- Can't brush teeth, wash and dry hands, or get undressed without help
- Loses skills he once had

**Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your local public school. For more information, go to [www.cdc.gov/concerned](http://www.cdc.gov/concerned) or call 1-800-CDC-INFO.**

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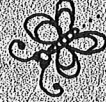
Learn the Signs. Act Early.



### If You Think Your Child Has a Hearing Loss

It is important that parents be aware of their child's hearing from the moment their child is born. A child's hearing can be affected by many things. Some children run a high risk of hearing loss due to heredity or perinatal complications including rubella, syphilis, low birthweight, meningitis, and asphyxia. Toddlers and preschool-age children may acquire a temporary or permanent hearing loss with repeated middle ear infections. Older children may acquire a hearing loss with repeated exposure to loud noise such as loud music.

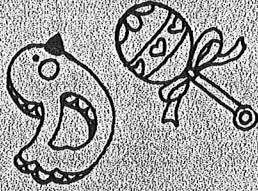
If you suspect your child has difficulty hearing, seek professional help immediately. Early attention to your child's hearing will help your child reach his or her full potential. Here are a few guidelines to help you determine if your child's hearing is normal.



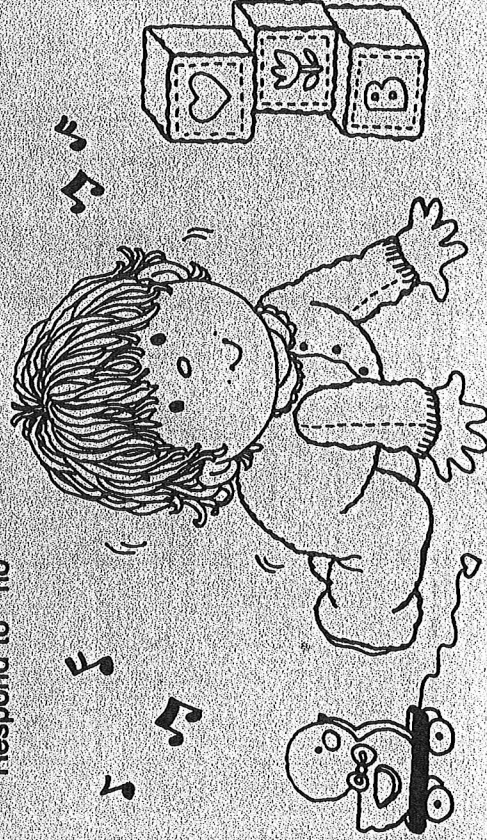
- From birth to three months the child should ...
  - Startle or cry at loud noises
  - Stop moving and seem to listen to speech or sounds
  - Awaken at a loud sound



- From three to six months your child should ...
  - Look toward a sound or speaker
  - Smile when spoken to
  - Recognize mother's voice
  - Enjoy rattles and other toys that make sounds

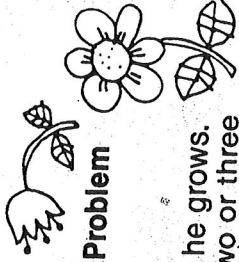


- From six to nine months your child should ...
  - Respond to his or her name
  - Babble and make lots of different sounds
  - Respond to "no"

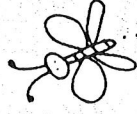




### If You Think Your Child Has A Speech Problem



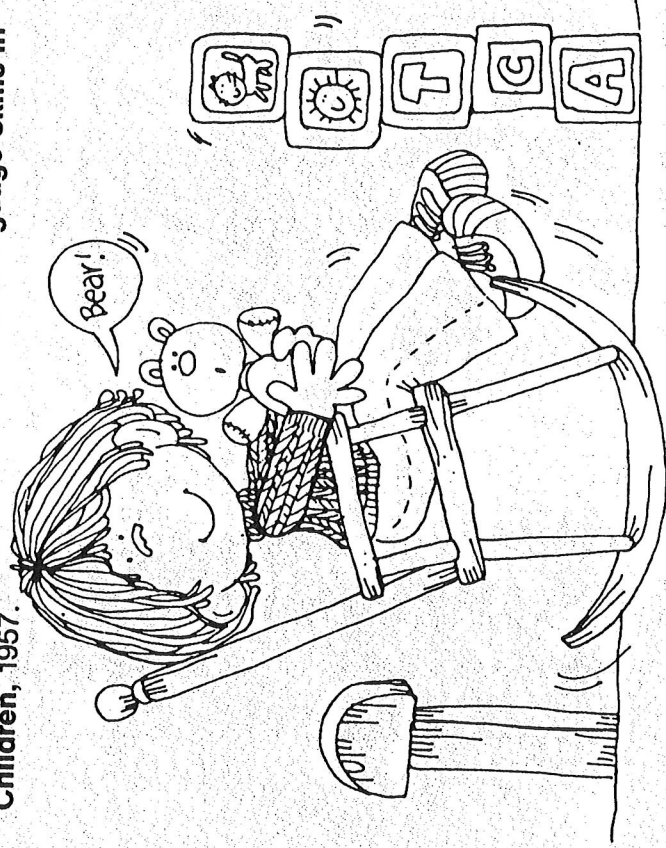
Your child's speech sounds will develop as he grows. A baby makes early vocalizations around two or three months, babbles around 6 months and uses jargon from about 18 months to 30 months. The majority of sounds a 3-year-old makes should be normal. Although he may not use all sounds correctly, he should be intelligible to strangers.



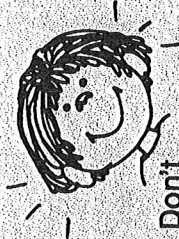
### Summary Of Speech Sound Development

Age	Consonants
3	m, n, ng, p, f, h, w
3½	y (as in yes)
4	k, b, d, g, r
4½	s, sh (as in shoe), ch (as in chair)
6	t, v, l, th (as in thin)
7	z, zh (measure), th (father), j (jump)

Norms from Mildred Templin, **Certain Language Skills in Children**, 1957.







You can help your child talk clearer by ...

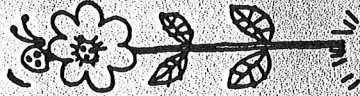
being a good speech model for your child. Don't use baby talk.

pronouncing words clearly, slowly and correctly for your child to hear and imitate.



trying to look at your child when you both are talking.

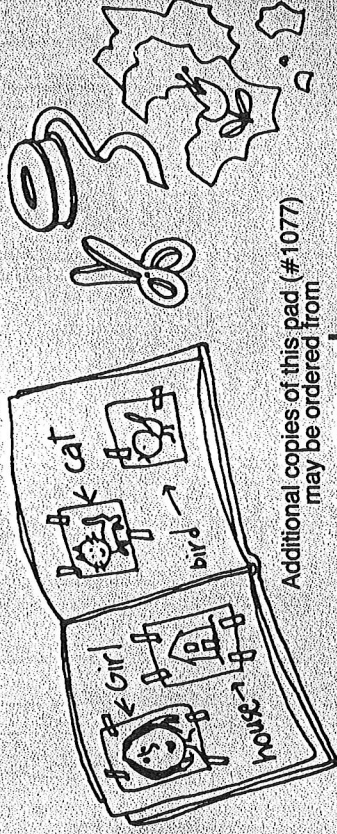
letting the child watch your face, lips and tongue as you form sounds and words prolonging the speech sound the child has difficulty saying, such as "where is your sssock?"



repeating new words and sounds over and over. Use them often in your conversation with the child.

making a scrapbook with the child. Cut out and paste pictures of objects the child learns to say or recognize.

praising the child when sounds are correct, especially if the sounds were previously difficult for the child.



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