

**DEVELOPMENTAL CHECKLIST – 1 TO 3 MONTHS**  
*(Revised as of 9/04)*

**MOVEMENT**

- RAISES HEAD AND CHEST WHEN LYING ON STOMACH (3 MOS.)
- SUPPORTS UPPER BODY WITH ARMS WHEN LYING ON STOMACH (3 MOS.)
- STRETCHES LEGS OUT WHEN LYING ON STOMACH OR BACK (2-3 MOS.)
- OPENS AND SHUTS HANDS (2-3 MOS.)
- PUSHES DOWN ON LEGS WHEN FEET ARE PLACED ON FIRM SURFACE (3 MOS.)

**VISUAL**

- WATCHES FACE INTENTLY (2-3 MOS.)
- FOLLOWS MOVING OBJECTS (2 MOS.)
- RECOGNIZES FAMILIAR OBJECTS AND PEOPLE AT A DISTANCE (3 MOS.)
- STARTS USING HANDS AND EYES IN COORDINATION (3 MOS.)

**HEARING AND SPEECH**

- SMILES AT THE SOUND OF VOICE (2-3 MOS.)
- COOING NOISES; VOCAL PLAY BEGINS AT 3 MONTHS.
- ATTENDS TO SOUND (1-3 MOS.)
- STARTLES TO LOUD NOISES (1-3 MOS.)

**SOCIAL/EMOTIONAL**

- BEGINS TO DEVELOP A SOCIAL SMILE (1-3 MOS.)
- ENJOYS PLAYING WITH OTHER PEOPLE AND MAY CRY WHEN PLAYING STOPS (2-3 MOS.)
- BECOMES MORE COMMUNICATIVE AND EXPRESSIVE WITH FACE AND BODY (2-3 MOS.)
- IMITATES SOME MOVEMENTS AND FACIAL EXPRESSIONS

**DEVELOPMENT RED FLAGS**  
**1 TO 3 MONTHS**

- DOESN'T SEEM TO RESPOND TO LOUD NOISES
- DOESN'T FOLLOW MOVING OBJECTS WITH EYES BY 2 TO 3 MONTHS
- DOESN'T SMILE AT THE SOUND OF YOUR VOICE BY 2 MONTHS

- DOESN'T GRASP AND HOLD OBJECTS BY 3 MONTHS
- DOESN'T SMILE AT PEOPLE BY 3 MONTHS
- CANNOT SUPPORT HIS HEAD WELL AT 3 MONTHS
- DOESN'T REACH FOR AND GRASP TOYS BY 3 TO 4 MONTHS
- DOESN'T BRING OBJECTS TO MOUTH BY 4 MONTHS
- DOESN'T PUSH DOWN WITH LEGS WHEN FEET ARE PLACED ON A FIRM SURFACE BY 4 MONTHS
- HAS TROUBLE MOVING ONE OR BOTH EYES IN ALL DIRECTIONS
- CROSSES EYES MOST OF THE TIME (OCCASIONAL CROSSING OF THE EYES IS NORMAL IN THE FIRST MONTHS)

## DEVELOPMENTAL CHECKLIST – 4 TO 7 MONTHS

### MOVEMENT

- PUSHES UP ON EXTENDED ARMS (5 MOS.)
- PULLS TO SITTING WITH NO HEAD LAGS (5 MOS.)
- SITS WITH SUPPORT OF HIS HANDS (5-6 MOS.)
- SITS UNSUPPORTED FOR SHORT PERIODS (6-8 MOS.)
- SUPPORTS HIS/HER WHOLE WEIGHT ON HIS/HER LEGS (6-7 MOS.)
- GRASPS FEET (6 MOS.)
- TRANSFERS OBJECTS FROM HAND TO HAND (6-7 MOS.)
- USES RAKING GRASP (NOT PINCER) (6 MOS.)

### VISUAL

- LOOKS FOR TOY BEYOND TRACKING RANGE (5-6 MOS.)
- TRACKS MOVING OBJECTS WITH EASE (4-7 MOS.)
- GRASPS OBJECTS DANGLING IN FRONT OF THEM (5-6 MOS.)
- LOOKS FOR FALLEN TOYS (5-7 MOS.)

### LANGUAGE

- DISTINGUISHES EMOTIONS BY TONE OF VOICE (4-7 MOS.)
- RESPONDS TO SOUND BY MAKING SOUNDS (4-6 MOS.)
- USES VOICE TO EXPRESS JOY AND DISPLEASURE (4-6 MOS.)
- SYLLABLE REPETITION BEGINS (5-7 MOS.)

### COGNITIVE

- FINDS PARTIALLY HIDDEN OBJECTS (6-7 MOS.)
- EXPLORES WITH HANDS AND MOUTH (4-7 MOS.)
- STRUGGLES TO GET OBJECTS THAT ARE OUT OF REACH (5-7 MOS.)

### SOCIAL/EMOTIONAL

- ENJOYS SOCIAL PLAY (4-7 MOS.)
- INTERESTED IN MIRROR IMAGES (5-7 MOS.)
- RESPONDS TO OTHER PEOPLE'S EXPRESSION OF EMOTION (4-7 MOS.)

### DEVELOPMENT RED FLAGS 4 TO 7 MONTHS

- SEEMS VERY STIFF, TIGHT MUSCLES
- SEEMS VERY FLOPPY, LIKE A RAG DOLL
- HEAD STILL FLOPS BACK WHEN BODY IS PULLED TO SITTING POSITION ( BY 5 MONTHS STILL EXHIBITS HEAD LAG)
- SHOWS NO AFFECTION FOR THE PERSON WHO CARES FOR HIM/HER
- DOESN'T SEEM TO ENJOY BEING AROUND PEOPLE
- ONE OR BOTH EYES CONSISTENTLY TURN IN AND OUT
- PERSISTENT TEARING, EYE DRAINAGE, OR SENSITIVITY TO LIGHT
- DOES NOT RESPOND TO SOUNDS AROUND HIM
- HAS DIFFICULTY GETTING OBJECTS TO MOUTH
- DOES NOT TURN HIS HEAD TO LOCATE SOUNDS BY 4 MONTHS
- DOESN'T ROLL OVER (STOMACH TO BACK) BY 6 MONTHS
- CANNOT SIT WITH HELP BY 6 MONTHS (NOT BY THEMSELVES)
- DOES NOT LAUGH OR MAKE SQUEALING SOUNDS BY 5 MONTHS
- DOES NOT ACTIVELY REACH FOR OBJECTS BY 6 MONTHS
- DOESN'T FOLLOW OBJECTS WITH BOTH EYES
- DOESN'T BEAR SOME WEIGHT ON LEGS BY 5 MONTHS

### DEVELOPMENTAL CHECKLIST – 8 TO 12 MONTHS

#### MOVEMENT

- GETS TO SITTING POSITION WITHOUT ASSISTANCE (8-10 MOS.)
- CRAWLS FORWARD ON BELLY
- ASSUMES HAND AND KNEE POSITION
- CREEPS ON HANDS AND KNEES
- GETS FROM SITTING TO CRAWLING OR PRONE (LYING ON STOMACH) POSITION (10-12 MOS.)
- PULLS SELF UP TO STANDING POSITION
- WALKS HOLDING ON TO FURNITURE
- STANDS MOMENTARILY WITHOUT SUPPORT
- MAY WALK TWO OR THREE STEPS WITHOUT SUPPORT

### **HAND AND FINGER SKILLS**

- USES PINCER GRASP (7-10 MOS.)
- BANGS TWO CUBES TOGETHER
- PUTS OBJECTS INTO CONTAINER (10-12 MOS.)
- TAKES OBJECTS OUT OF CONTAINER (10-12 MOS.)
- POKES WITH INDEX FINGER
- TRIES TO IMITATE SCRIBBLING

### **COGNITIVE**

- EXPLORES OBJECTS IN MANY DIFFERENT WAYS (SHAKING, BANGING, THROWING, DROPPING) (8-10 MOS.)
- FINDS HIDDEN OBJECTS EASILY (10-12 MOS.)
- LOOKS AT CORRECT PICTURE WHEN IMAGE IS NAMED
- IMITATES GESTURES (9-12 MOS.)

### **LANGUAGE MILESTONES**

- RESPONDS TO SIMPLE VERBAL REQUESTS
- RESPONDS TO "NO"
- MAKES SIMPLE GESTURES SUCH AS SHAKING HEAD FOR "NO" (8-12 MOS.)
- BABBLES (8-10 MOS.)
- BABBLES "DADA" AND "MAMA" (8-10 MOS.)
- SAYS "DADA" AND "MAMA" FOR SPECIFIC PERSON (11-12 MOS.)
- USES EXCLAMATIONS SUCH AS "OH-OH"

### **SOCIAL/EMOTIONAL**

- SHY OR ANXIOUS WITH STRANGERS (8-12 MOS.)
- CRIES WHEN MOTHER OR FATHER LEAVES (8-12 MOS.)
- ENJOYS IMITATING PEOPLE IN PLAY (10-12 MOS.)
- SHOWS SPECIFIC PREFERENCES FOR CERTAIN PEOPLE AND TOYS (8-12 MOS.)
- PREFERS MOTHER AND/OR REGULAR CARE PROVIDER OVER ALL OTHERS (8-12 MOS.)
- REPEATS SOUNDS OR GESTURES FOR ATTENTION (10-12 MOS.)
- FINGER-FEEDS THEMSELVES (8-12 MOS.)
- EXTENDS ARM OR LEG TO HELP WHEN BEING DRESSED

### DEVELOPMENT RED FLAGS 8 TO 12 MONTHS

- DOES NOT CRAWL
- DRAGS ONE SIDE OF BODY WHILE CRAWLING (FOR OVER ONE MONTH)
- CANNOT STAND WHEN SUPPORTED
- DOES NOT SEARCH FOR OBJECTS THAT ARE HIDDEN (10-12 MOS.)
- SAYS NO SINGLE WORD (“DADA” OR “MAMA”)
- DOES NOT LEARN TO USE GESTURES SUCH AS WAVING OR SHAKING HEAD
- DOES NOT SIT STEADILY BY 10 MONTHS
- DOES NOT SHOW INTEREST IN “PEEK-A-BOO OR PATTY CAKE” BY 8 MONTHS
- DOES NOT BABBLE BY 8 MONTHS
- DOES NOT BABBLE BY 8 MONTHS ( “DA DA”, “BA BA”, “MA MA”)

### DEVELOPMENTAL CHECKLIST – 8 TO 12 MONTHS

#### MOVEMENT

- WALKS ALONE (12-16 MOS.)
- PULLS TOYS BEHIND HIM WHILE WALKING (13-16 MOS.)
- CARRIES LARGE TOYS OR SEVERAL TOYS WHILE WALKING (12-15 MOS.)
- BEGINS TO RUN STIFFLY (16-18 MOS.)
- WALKS INTO BALL (18-24 MOS.)
- CLIMBS ONTO AND DOWN FROM FURNITURE UNSUPPORTED (16-24 MOS.)
- WALKS UP AND DOWN STAIRS HOLDING ON TO SUPPORT (18-24 MOS.)

## **HAND AND FINGER SKILLS**

- SCRIBBLES SPONTANEOUSLY (14-16 MOS.)
- TURNS OVER CONTAINER TO POUR OUT CONTENTS (12-18 MOS.)
- BUILDING TOWER OF FOUR BLOCKS OR MORE (20-24 MOS.)

## **LANGUAGE**

- POINTS TO OBJECTS OR PICTURE WHEN IT'S NAMED FOR THEM (18-24 MOS.)
- RECOGNIZES NAMES OF FAMILIAR PEOPLE, OBJECTS, AND BODY PARTS (18-24 MOS.)
- SAYS SEVERAL SINGLE WORDS (15-18 MOS.)
- USES TWO WORD SENTENCES (18-24 MOS.)
- FOLLOWS SIMPLE ONE STEP INSTRUCTIONS (14-18 MOS.)
- REPEATS WORDS OVERHEARD IN CONVERSATIONS (16-18 MOS.)

## **COGNITIVE**

- FINDS OBJECTS EVEN WHEN HIDDEN UNDER TWO OR THREE COVERS
- BEGINS TO SORT SHAPES AND COLORS (20-24 MOS.)
- BEGINS MAKE-BELIEVE PLAY (20-24 MOS.)

## **SOCIAL**

- IMITATES BEHAVIOR OF OTHERS, ESPECIALLY ADULTS AND OLDER CHILDREN (18-24 MOS.)
- INCREASINGLY ENTHUSIASTIC ABOUT COMPANY OR OTHER CHILDREN (20-24 MOS.)
- DEMONSTRATES INCREASING INDEPENDENCE (18-24 MOS.)
- BEGINS TO SHOW DEFIANT BEHAVIOR (18-24 MOS.)
- EPISODES OF SEPARATION ANXIETY INCREASE TOWARD MIDYEAR, THEN FADE

## **DEVELOPMENT RED FLAGS** ***12 TO 24 MONTHS***

- CANNOT WALK BY 18 MONTHS

- FAILS TO DEVELOP A MATURE HEEL-TOE WALKING PATTERN AFTER SEVERAL MONTHS OF WALKING, OR WALKS EXCLUSIVELY ON HIS TOES
- DOES NOT SPEAK AT LEAST FIFTEEN WORDS BY 18 MONTHS
- DOES NOT USE TWO WORD SENTENCES BY AGE 2
- BY 15 MONTHS DOES NOT SEEM TO KNOW THE FUNCTION OF COMMON HOUSEHOLD OBJECTS (BRUSH, TELEPHONE, BELL, FORK, SPOON)
- DOES NOT IMITATE ACTIONS OR WORDS BY 24 MONTHS
- DOES NOT FOLLOW SIMPLE ONE-STEP INSTRUCTIONS BY 24 MONTHS

## DEVELOPMENTAL CHECKLIST – 24 TO 26 MONTHS

### MOVEMENT

- CLIMBS WELL (24-30 MOS.)
- WALKS DOWN STAIRS ALONE, PLACING BOTH FEET ON EACH STEP (26-28 MOS.)
- WALKS UP STAIRS ALTERNATING FEET WITH SUPPORT (24-30 MOS.)
- SWINGS LEG TO KICK BALL (24-30 MOS.)
- RUNS EASILY (24-26 MOS.)
- PEDALS TRICYCLE (30-36 MOS.)
- BENDS OVER EASILY WITHOUT FALLING (24-30 MOS.)

### HAND AND FINGER SKILLS

- MAKES VERTICAL, HORIZONTAL, CIRCULAR STROKES WITH PENCIL OR CRAYON (30-36 MOS.)
- TURNS BOOK PAGES ONE AT A TIME (24-30 MOS.)
- BUILDS A TOWER OF MORE THAN SIX BLOCKS (24-30 MOS.)
- HOLDS A PENCIL IN WRITING POSITION (30-36 MOS.)
- SCREWS AND UNSCREWS JAR LIDS, NUTS, AND BOLTS (24-30 MOS.)
- TURNS ROTATING HANDLES (24-30 MOS.)

### LANGUAGE

- RECOGNIZES AND IDENTIFIES ALMOST ALL COMMON OBJECTS AND PICTURES (26-32 MOS.)
- UNDERSTANDS MOST SENTENCES (24-40 MOS.)
- UNDERSTANDS PHYSICAL RELATIONSHIP (ON, IN, UNDER) (30-36 MOS.)
- CAN SAY NAME, AGE, AND SEX (30-36 MOS.)
- USES PRONOUNS (I, YOU, ME, WE, THEY) (24-30 MOS.)
- STRANGERS CAN UNDERSTAND MOST OF HIS/HER WORDS (30-36 MOS.)

## **COGNITIVE**

- MAKES MECHANICAL TOYS WORK (30-36 MOS.)
- MATCHES AN OBJECT IN HIS HANDS OR ROOM TO A PICTURE IN A BOOK (24-30 MOS.)
- PLAYS MAKE-BELIEVE WITH DOLLS, ANIMALS, AND PEOPLE (24-36 MOS.)
- SORTS OBJECTS BY COLOR (30-36 MOS.)
- COMPLETES PUZZLES WITH THREE OR FOUR PIECES (24-36 MOS.)
- UNDERSTANDS CONCEPT OF "TWO" (26-32 MOS.)

## **SOCIAL/EMOTIONAL**

- BY 3, SEPARATES EASILY FROM PARENTS
- EXPRESSES A WIDE RANGE OF EMOTIONS (24-36 MOS.)
- OBJECTS TO MAJOR CHANGES IN ROUTINE (24-36 MOS.)

## **DEVELOPMENT RED FLAGS** *24 TO 36 MONTHS*

- FREQUENT FALLING AND DIFFICULTY WITH STAIRS
- PERSISTENT DROOLING OR VERY UNCLEAR SPEECH
- INABILITY TO BUILD A TOWER OF MORE THAN FOUR BLOCKS
- DIFFICULTY MANIPULATING SMALL OBJECTS
- INABILITY TO COPY A CIRCLE BY 3
- INABILITY TO COMMUNICATE IN SHORT PHRASES
- NO INVOLVEMENT IN PRETEND PLAY
- FAILURE TO UNDERSTAND SIMPLE INSTRUCTIONS
- LITTLE INTEREST IN OTHER CHILDREN
- EXTREME DIFFICULTY SEPARATING FROM PRIMARY CAREGIVER

## **DEVELOPMENTAL CHECKLIST – 3 TO 4 YEARS**

### **MOVEMENT (BY THE *END* OF AGE 3)**

- 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
- USES RIDING TOYS

### **HAND AND FINGER SKILLS (BY THE *END* OF AGE 3)**

- COPIES SQUARE SHAPES
- DRAWS A PERSON WITH TWO TO FOUR BODY PARTS
- USES SCISSORS
- DRAWS CIRCLES AND SQUARES
- BEGINS TO COPY SOME CAPITAL LETTERS
- CAN FEED SELF WITH SPOON

### **LANGUAGE MILESTONE (BY THE *END* OF AGE 3)**

- UNDERSTANDS THE CONCEPT OF “SAME” AND “DIFFERENT”
- HAS MASTERED SOME BASIC RULES OF GRAMMAR
- SPEAKS IN SENTENCES OF FIVE TO SIX WORDS
- ASKS QUESTIONS
- SPEAKS CLEARLY ENOUGH FOR STRANGERS TO UNDERSTAND
- TELLS STORIES

### **COGNITIVE MILESTONE (BY THE *END* OF AGE 3)**

- CORRECTLY NAMES SOME COLORS
- UNDERSTANDS THE CONCEPT OF COUNTING AND MAY KNOW A FEW NUMBERS
- BEGINS TO HAVE A CLEARER SENSE OF TIME
- FOLLOWS THREE PART COMMANDS
- RECALLS PARTS OF STORIES
- UNDERSTANDS THE CONCEPT OF SAME/DIFFERENT
- ENGAGES IN FANTASY PLAY
- UNDERSTANDS CAUSALITY (“I CAN MAKE THINGS HAPPEN”)

### **SOCIAL MILESTONE (BY THE *END* OF AGE 3)**

- INTERESTED IN NEW EXPERIENCES
- COOPERATES/PLAYS WITH OTHER CHILDREN
- PLAYS “MOM” OR “DAD”

- MORE INVENTIVE IN FANTASY PLAY
- DRESSES AND UNDRESSES
- MORE INDEPENDENT

### **EMOTIONAL MILESTONE (BY THE *END OF AGE 3*)**

- OFTEN CANNOT DISTINGUISH BETWEEN FANTASY AND REALITY
- MAY HAVE IMAGINARY FRIENDS OR SEE MONSTERS

### **DEVELOPMENT RED FLAGS** ***3 TO 4 YEARS***

- CANNOT JUMP IN PLACE
- CANNOT RIDE A TRIKE
- CANNOT GRASP A CRAYON BETWEEN THUMB AND FINGERS
- HAS DIFFICULTY SCRIBBLING
- CANNOT COPY A CIRCLE
- CANNOT STACK FOUR BLOCKS
- STILL CLINGS OR CRIES WHEN PARENTS LEAVE HIM
- SHOWS NO INTEREST IN INTERACTIVE GAMES
- IGNORES OTHER CHILDREN
- DOESN'T RESPOND TO PEOPLE OUTSIDE THE FAMILY
- DOESN'T ENGAGE IN FANTASY PLAY
- RESISTS DRESSING, SLEEPING, USING THE TOILET
- LASHES OUT WITHOUT SELF-CONTROL WHEN ANGRY OR UPSET
- DOESN'T USE SENTENCES OF MORE THAN THREE WORDS
- DOESN'T USE "ME" OR "YOU" APPROPRIATELY

### **DEVELOPMENTAL CHECKLIST – 4 TO 5 YEARS**

#### **MOVEMENT (BY THE *END OF AGE 4*)**

- STANDS ON ONE FOOT FOR 10 SECONDS OR LONGER
- HOPS, SOMERSAULTS
- SWINGS, CLIMBS
- MAY BE ABLE TO SKIP

### **MILESTONE IN HAND AND FINGER SKILLS (BY THE *END* OF AGE 4)**

- COPIES TRIANGLE AND OTHER GEOMETRIC PATTERNS
- DRAWS PERSON WITH BODY
- PRINTS SOME LETTERS
- DRESSES AND UNDRESSES WITHOUT ASSISTANCE
- USES FORK, SPOON
- USUALLY CARES FOR OWN TOILET NEEDS

### **LANGUAGE MILESTONE (BY THE *END* OF AGE 4)**

- RECALLS PARTS OF A STORY
- SPEAKS SENTENCES OF MORE THAN FIVE WORDS
- USES FUTURE TENSE
- TELLS LONGER STORIES
- SAYS NAME AND ADDRESS

### **COGNITIVE MILESTONE (BY THE *END* OF AGE 4)**

- 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, ETC.)

### **SOCIAL MILESTONE (BY THE *END* OF AGE 4)**

- WANTS TO PLEASE AND BE WITH FRIENDS
- MORE LIKELY TO AGREE TO RULES
- LIKES TO SING, DANCE, AND ACT
- SHOWS MORE INDEPENDENCE

### **DEVELOPMENT RED FLAGS**

#### ***4 TO 5 YEARS***

- EXHIBITS EXTREMELY AGGRESSIVE, FEARFUL OR TIMID BEHAVIOR
- IS UNABLE TO SEPARATE FROM PARENTS
- IS EASILY DISTRACTED AND UNABLE TO CONCENTRATE ON ANY SINGLE ACTIVITY FOR MORE THAN FIVE MINUTES

- SHOWS LITTLE INTEREST IN PLAYING WITH OTHER CHILDREN
- REFUSES TO RESPOND TO PEOPLE IN GENERAL
- RARELY USES FANTASY OR IMITATION IN PLAY
- SEEMS UNHAPPY OR SAD MUCH OF THE TIME
- AVOIDS OR SEEMS ALOOF WITH OTHER CHILDREN AND ADULTS
- DOESN'T EXPRESS A WIDE RANGE OF EMOTIONS
- HAS TROUBLE EATING, SLEEPING, OR USING THE TOILET
- CAN'T DIFFERENTIATE BETWEEN FANTASY AND REALITY
- SEEMS UNUSUALLY PASSIVE
- CANNOT UNDERSTAND TWO PART COMMANDS AND PREPOSITIONS (EX: "PUT THE CUP ON THE TABLE")
- CAN'T GIVE FIRST AND LAST NAME
- DOESN'T USE PLURALS OR PAST TENSE
- CANNOT BUILD A TOWER OF SIX TO EIGHT BLOCKS
- SEEMS UNCOMFORTABLE HOLDING A CRAYON
- HAS TROUBLE TAKING OFF CLOTHING
- CANNOT BRUSH TEETH OR WASH AND DRY HANDS

Adapted by First Look and The Early Childhood Direction Center from: Shelov, S. P., & Hannemann, R. E. (1994). [The American Academy of Pediatrics: Caring for Your Baby and Young Child Birth to Age 5: The Complete and Authoritative Guide.](#) New York: Bantam Doubleday Dell Pub.