

DEVELOPMENTAL MILESTONES ASSESSMENT

► *Milestones***By the end of their first month, most babies:**

- Make jerky, quivering arm movements
- Bring hands near face
- Keep hands in tight fists
- Move head from side to side while lying on stomach
- Focus on objects 8 to 12 inches away
- Prefer human faces over other shapes
- Prefer black-and-white or high-contrast patterns
- Hear very well
- Recognize some sounds, including parents' voices

By the end of their third month, most babies:

- Raise head and chest when lying on stomach
- Support upper body with arms when lying on stomach
- Stretch legs out and kick when lying on stomach or back
- Push down on legs when feet are placed on a firm surface
- Open and shut hands
- Bring hands to mouth
- Grab and shake hand toys
- Follow moving object with eyes
- Watch faces closely
- Recognize familiar objects and people at a distance
- Start using hands and eyes in coordination
- Begin to babble and to imitate some sounds
- Smile at the sound of parents' voices
- Enjoy playing with other people
- May cry when playing stops

By the end of their seventh month, most babies:

- Roll over both ways (stomach to back and back to stomach)
- Sit up
- Reach for object with hand
- Transfer objects from one hand to the other
- Support whole weight on legs when held upright
- Develop full-color vision and mature distance vision
- Use voice to express joy and displeasure
- Respond to own name
- Babble chains of consonants (ba-ba-ba-ba)
- Distinguish emotions by tone of voice
- Explore objects with hands and mouth
- Struggle to get objects that are out of reach
- Enjoy playing peekaboo
- Show an interest in mirror images
- Crawl

By their first birthday, most babies:

- Sit without assistance
- Get into hands-and-knees position
- Pull self up to stand
- Walk holding on to furniture, and possibly a few steps without support
- Use pincer grasp (thumb and forefinger)
- Say “dada” and “mama”
- Use exclamations, such as “uh-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, most children:

- Walk on their own
- 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 fifteen to eighteen months)
- Use simple phrases (by eighteen to twenty-four 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

Source: Adapted from American Academy of Pediatrics, *Caring for Your Baby and Young Child: Birth to Age 5*, Fourth Edition (New York: Bantam Books, 2005).