



Age 3-5 Years

SOCIAL/EMOTIONAL MILESTONES

- Pretends to be something else during play
- Likes to be a "helper"
- Notices other children and joins them to play
- Calms down within 10 minutes after you leave them in a familiar place

COGNITIVE MILESTONES

- Can count to 10
- Names some letters when you point to them
- Able to use words to express thoughts and feelings
- Begins to understand before/after; up/down over/under; today/tomorrow/yesterday

FINE AND GROSS MOTOR MILESTONES

- Cuts straight and curved lines
- Draws a simple picture of a person
- Catches a large ball
- Goes up and down stairs independently

DAILY ACTIVITIES

- Unzips and zips jacket
- Washes and dries face
- Brushes teeth
- Blows and wipes nose

Milestones Matter!

Use this checklist to track your child's development. If you have concerns about your child's development don't wait! Discuss your observations and concerns with your pediatrician.

If you or your pediatrician are still concerned:

- Ask for a referral to a specialist who can evaluate your child more
- Call your area early intervention program to find out if your baby can get services
- Call your local public elementary school for a free evaluation to find out if your child can get services



Is Your Child Meeting Their Developmental Milestones?



**Ready Set
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Age 0-12 Months

SOCIAL/EMOTIONAL MILESTONES

- Calms down when spoken to or picked up
- Smiles or reaches to familiar people
- Likes to look at self in mirror
- Prefers a variety of toys and activities

COGNITIVE MILESTONES

- Looks at a toy for 2-3 seconds
- Put things in his/her mouth to explore
- Plays with toys appropriately
- Can find a toy that is hidden

FINE AND GROSS MOTOR MILESTONES

- Holds head up when on tummy
- Holds a toy when you put it in his/her hand
- Rolls from tummy to back
- Pulls up to stand

DAILY ACTIVITIES

- Able to latch on while nursing or bottle feeding
- Sucks and swallows baby foods from spoon
- Bites and chews on toys or objects
- Naps 1-4 hours once or twice a day

Age 12-24 Months

SOCIAL/EMOTIONAL MILESTONES

- Copies other children when playing
- Shows you an object he/she likes
- Claps when excited
- Shows you affection (hugs, cuddles, or kisses you)

COGNITIVE MILESTONES

- Matches objects by item
- Understands difference in colors
- Finds objects in a book
- Enjoys books, stories and songs

FINE AND GROSS MOTOR MILESTONES

- Walks unsupported
- Climbs into a large chair
- Imitates a vertical line, horizontal line and circle
- Uses both hands to play with a toy at center of their body

DAILY ACTIVITIES

- Participating in dressing without becoming upset
- Drinks from a small cup independently
- Self-feeds with spoon
- Identifies between edible and inedible objects



Age 2-3 Years



SOCIAL/EMOTIONAL MILESTONES

- Participates in activities and circle time
- Enjoys pretend play
- Notices when others are hurt or upset
- Starts to listen, respect, and follow simple rules

COGNITIVE MILESTONES

- Points to colors when they are named
- Knows different body parts
- Identifies a circle, square and triangle
- Knows how objects are used (brush, pillow, washcloth, etc.)

FINE AND GROSS MOTOR MILESTONES

- Builds a tower 8 blocks high
- Strings beads
- Hops on one foot
- Throws a ball overhead

DAILY ACTIVITIES

- Begins to use fork
- Removes elastic waist pants and jackets
- Puts toys away with reminders
- Uses toilet independently