



Important Milestone Reminders:

- If your child is missing any milestones, be sure to talk with your healthcare provider.
- If Baby was premature, be sure to adjust all milestones for prematurity.



Play and Social Skills

Not
Started

Making
Progress

Achieved

Enjoys playful face-to-face interaction with people

Notices and responds to sounds

Is developing a social smile

Is beginning to hold gaze with others for longer periods of time



Coordination

Not
Started

Making
Progress

Achieved

Uses vision to follow black and white or brightly colored objects

Is able to be on tummy for short bursts of time

Arm and leg movements are becoming more smooth and less jerky

Hands are more open



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Baby's Abilities by 2 Months



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Daily Activities

Not
Started

Making
Progress

Achieved

Is able to stay awake for longer periods

Is able to entertain themselves for short periods



Self-Expression

Not
Started

Making
Progress

Achieved

Is able to be comforted by cuddling or a parent's touch

Is more responsive to varied facial expressions

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Play and Social Skills

Not
Started

Making
Progress

Achieved

Is able to laugh or giggle when they find something amusing

Shows interest in their own hands.

Enjoys toys with more complex patterns and shapes

Experiments with cause and effect e.g. shaking a rattle and realizing it makes noise



Coordination

Not
Started

Making
Progress

Achieved

Is able to hold and shake toys

Able to rock and move legs and arms while on tummy



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Daily Activities

Not
Started

Making
Progress

Achieved

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

Not
Started

Making
Progress

Achieved

Is not upset with everyday sounds

Is usually happy when not hungry or tired

Does not demonstrate frequent or long bouts of being upset

Is able to be comforted by cuddling or a parent's touch



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Play and Social Skills

Not
Started

Making
Progress

Achieved

Enjoys playful interactions with others (such as peek-a-boo)

Is vocalizing in response to playful interactions

Maintains eye contact with familiar people during playful interaction

Enjoys playing with toys of varied textures

Enjoys musical toys

Enjoys various types of movement, such as being gently swung



Coordination

Not
Started

Making
Progress

Achieved

Is able to lift head forward when being pulled to sitting, from lying on back

Is able to play on tummy for longer periods of time

Is able to push up onto forearms and straight arms during Tummy Time

Is able to turn head to visually follow motivating toys and people



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Daily Activities

Not
Started

Making
Progress

Achieved

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

Not
Started

Making
Progress

Achieved

Is able to be comforted by cuddling or a parent's touch

Is usually happy when not hungry or tired

Is not upset with everyday sounds

Does not demonstrate frequent or long bouts of being upset



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 Play and Social Skills	Not Started	Making Progress	Achieved
Is interested in interacting with others, e.g. 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			



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Coordination

Not
Started

Making
Progress

Achieved

Is able to put weight through feet when supported in standing

Is able push up on extended arms during Tummy Time, may also be able to get to hands and knees

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

Shows more control while rolling and sitting



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Daily Activities

	Not Started	Making Progress	Achieved
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			
Has an established and reliable sleeping schedule			



Self-Expression

	Not Started	Making Progress	Achieved
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			



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Play and Social Skills

Not
Started

Making
Progress

Achieved

Is interested in interacting with others, e.g. as peek-a-boo

Maintains eye contact with people during playful interactions

Turns head in response to name being called

Points or gestures to objects of interested

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

Raises hands towards adult to be picked up



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Coordination

	Not Started	Making Progress	Achieved
Keeps head forward when being pulled to sitting from lying on back			
Is able to hold head upright while crawling by 11 months			
Primarily crawls, cruises 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			
Enjoys and seeks out various ways to move and play			



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Daily Activities

Not
Started

Making
Progress

Achieved

Usually 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 on back

Is able to use fingertips to pick up small objects, such as small pieces of food

Is beginning to play with spoon at mealtime and may get loaded spoon to mouth

Can usually participate in dressing without becoming upset

Has an established sleep schedule

Is usually able to calm self to fall asleep



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 Self-Expression	Not Started	Making Progress	Achieved
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 soothing 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			



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Play and Social Skills

Not
Started

Making
Progress

Achieved

Raises hands to be picked up

Maintains eye contact with people during playful interactions

Turns head in response to name being called

Enjoys playing with variety of toys and textures

Enjoys banging and playing with musical toys

Enjoys playing with new toys

Eagerly explores the environment when placed on the floor

Enjoys being swung and gently thrown in air

Enjoys exploring and playing at the playground

Enjoys swinging on playground swings



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 Coordination	Not Started	Making Progress	Achieved
Is frequently moving in and out of various positions, e.g. crawling, climbing, cruising, and walking, to explore and get desirable objects			
Maintains balance in sitting or standing while using two hands together to explore toys			
Is able to turn head to look at objects without losing balance while standing			
Is able to take steps toward motivating item			
Crawls or walks to get desired item			
Has adequate endurance and strength to play with peers			
Uses hands to help move from one position to another			
Uses both hands equally to play with and explore toys			
Seeks out various new ways to move and play			



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Daily Activities

Not
Started

Making
Progress

Achieved

Usually enjoys bath time

Is able to self calm in car rides when not tired or hungry

Usually tolerates diaper changes without crying

Is able to tip head back when moving from sitting to back

Is able to use fingertips to pick up small objects, such as small pieces of food

Eats an increasing variety of food

Can usually participate in dressing without becoming upset

Is usually able to calm self to fall asleep

Is able to tolerate and wear new and varied textures of clothing

Has an established sleep schedule



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Self-Expression

Not
Started

Making
Progress

Achieved

Is comforted by cuddling and 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

Has grown accustomed to everyday sounds and is usually not startled by them

Is able to enjoy a wide variety of touch, noise, and smells

Cries and notices when hurt

Is able to self soothe when upset

Enjoys various textures, such as grass or sand, after multiple exposures

Is able to transition to new environment or activity



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Play and Social Skills

Not
Started

Making
Progress

Achieved

Is interested in interacting with people (plays patty cake)

Is able to locate objects you are pointing to

Claps hand together in response to social play

Enjoys playing with variety of toys and textures

Enjoys banging and playing with musical toys

Enjoys playing with new toys

Eagerly explores the environment when placed on the floor

Enjoys being swung and gently thrown in air

Enjoys exploring and playing at the playground

Enjoys swinging on playground swings



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 Coordination	Not Started	Making Progress	Achieved
Is frequently moving in and out of various positions (e.g. crawling, climbing, cruising, and walking) to explore and get desirable objects			
Maintains balance in sitting or standing while using two hands together to explore toys			
Is able to turn head to look at objects without losing balance while standing			
Is able to take steps toward motivating item			
Walks to get desired item			
Has adequate endurance and strength to play with peers			
Uses hands to help move from one position to another			
Is able to throw balls without losing balance			
Uses both hands equally to play with and explore toys			
Seeks out various new ways to move and play			



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Daily Activities

Not
Started

Making
Progress

Achieved

Usually enjoys bath time

Is able to self calm in car rides when not tired or hungry

Usually tolerates diaper changes without crying

Is able to tip head back when moving from sitting to back

Is able to use fingertips to pick up small objects, such as small pieces of food

Eats an increasing variety of food

Can usually participate in dressing without becoming upset

Is usually able to calm self to fall asleep

Is able to tolerate and wear new and varied textures of clothing

Has an established sleep schedule



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 Self-Expression	Not Started	Making Progress	Achieved
Is comforted by cuddling and 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			
Has grown accustomed to everyday sounds and is usually not startled by them			
Is able to enjoy a wide variety of touch, noise, and smells			
Cries and notices when hurt			
Is able to self soothe when upset			
Enjoys various textures, such as grass or sand, after multiple exposures			
Is able to transition to new environment or activity			



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Play and Social Skills

Not
Started

Making
Progress

Achieved

Turns head in response to name being called

Is able to participate in small groups with other children

Is interested in, aware of, and able to maintain eye contact with others

Is able to play in social situations after a transition time

Points to objects of interest

Is able to locate objects you are pointing to

Explores varied environments such as a new playground

Enjoys swinging on playground swings

Enjoys being swung and gently thrown in air

Enjoys playing with new toys in varied ways

Usually plays with toys without mouthing them

Enjoys playing with a variety of toys and textures

Enjoys playing with musical toys

Participates in crafts / activities that involve wet textures, such as glue



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Coordination

Not
Started

Making
Progress

Achieved

Coordinates movements needed to play and explore

Usually walks with heel toe pattern and not primarily on toes

Enjoys and seeks out various ways to move and play

Has adequate endurance and strength to play with peers

Can maintain balance to catch ball or when gently bumped by peers

Is able to throw and attempt to catch ball without losing balance

Uses hands to help move from one position to another

Uses both hands equally to play with and explore toys



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Daily Activities

Not
Started

Making
Progress

Achieved

Enjoys bath time

Is able to self calm in car rides when not tired or hungry

Usually tolerates diaper changes without crying

Is able to eat an increasing variety of food

Can usually participate in dressing without becoming upset

Has an established sleep schedule

Is usually able to self calm to fall asleep

Is able to tolerate and wear new and varied textures of clothing

Is able to tolerate haircuts and nail cutting without crying

Can drink from a cup and straw without dribbling



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 Self-Expression	Not Started	Making Progress	Achieved
Is generally happy when not hungry or tired			
Is able to calm with experiences such as rocking, touch, and soothing sounds			
Has grown accustomed to everyday sounds and is usually not startled by them			
Does not require an excessive routine to calm			
Is able to enjoy a wide variety of touch, noise, and smells			
Cries and notices when hurt			
Is able to self soothe when upset			
Enjoys various textures, such as grass or sand after multiple exposures			
Is able to transition to new environment or activity			
Is able to be away from parents when with supportive and familiar people			



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 Play and Social Skills	Not Started	Making Progress	Achieved
Is able to participate in small groups with other children			
Is interested in, aware of, and able to maintain eye contact with others			
Turns head in response to name being called			
Explores varied environments such as a new playground			
Enjoys swinging on playground swings			
Is able to play in social situations after a transition time			
Enjoys swinging, being thrown in air, and roughhousing			
Enjoys playing with a variety of toys and textures			
Is able to locate objects of interest			
Is able to locate objects you are pointing to			
Enjoys playing with musical toys			
Enjoys playing with new toys in varied ways			



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Play and Social Skills (cont.)

Not
Started

Making
Progress

Achieved

Usually plays with toys without mouthing them

Enjoys sitting to listen or look at book

Is able to participate in messy activities that result in dirty hands

Participates in crafts / activities that involve wet textures, such as glue



Coordination

Not
Started

Making
Progress

Achieved

Enjoys and seeks out various ways to move and play

Has adequate endurance and strength to play with peers

Uses hands to help move from one position to another

Coordinates movements needed to play and explore

Usually walks with heel toe pattern and not primarily on toes

Can maintain balance to catch ball or when gently bumped by peers



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Coordination (cont.)

Not
Started

Making
Progress

Achieved

Is able to walk and maintain balance over uneven surfaces

Walks through a new room without bumping into objects and people

Only leans on furniture, walls or people and sits slumped over when tired

Is able to throw and attempt to catch ball without losing balance

Uses both hands equally to play and explore toys

Coordinates hand and finger movements needed to participate in table top games and activities



Daily Activities

Not
Started

Making
Progress

Achieved

Enjoys bath time

Is able to self calm in car rides when not tired or hungry

Usually tolerates diaper changes without crying



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 Daily Activities	Not Started	Making Progress	Achieved
Eats an increasing variety of food			
Has an established sleep schedule			
Is usually able to self calm to fall asleep			
Is able to tolerate and wear new and varied textures of clothes			
Is able to take appropriate bites of food, does not always stuff mouth			
Is aware of sensations such as a wet diaper or underpants			
Is able to tolerate haircuts and nail cutting without crying			
Follows simple routines, e.g. clean-up toys			
Is able to adapt to changes in routine			
Has an established and reliable sleeping schedule			
Can drink from a cup and straw without dribbling			



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Self-Expression

Not
Started

Making
Progress

Achieved

Is generally happy when not hungry or tired

Is able to calm with experiences such as rocking, touch, and soothing sounds

Has grown accustomed to everyday sounds and is usually not startled by them

Does not require an excessive routine to calm

Is able to enjoy a wide variety of touch, noise, and smells

Cries and notices when hurt

Is able to self soothe when upset

Enjoys various textures, such as grass or sand, after multiple exposures

Is able to transition to new environment or activity

Is able to be away from parents when with supportive and familiar people

Enjoys playing near peers



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Play and Social Skills

Not
Started

Making
Progress

Achieved

Is able to participate in small groups with other children

Is interested in, aware of, and able to maintain eye contact with others

Turns head in response to name being called

Explores varied environments such as a new playground

Enjoys swinging on playground swings

Is able to play in social situations after a transition time

Enjoys swinging, being thrown in air, and roughhousing

Enjoys playing with a variety of toys and textures

Is able to locate objects of interest

Is able to locate objects you are pointing to

Enjoys playing with musical toys

Enjoys playing with new toys in varied ways

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Play and Social Skills

Not
Started

Making
Progress

Achieved

Usually plays with toys without mouthing them

Enjoys sitting to listen or look at book

Is able to participate in messy activities that result in dirty hands

Participates in crafts / activities that involve wet textures, such as glue



Coordination

Not
Started

Making
Progress

Achieved

Enjoys and seeks out various ways to move and play

Has adequate endurance and strength to play with peers

Uses hands to help move from one position to another

Coordinates movements needed to play and explore

Usually walks with heel toe pattern and not primarily on toes

Can maintain balance to catch ball or when gently bumped by peers

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Coordination

Not
Started

Making
Progress

Achieved

Is able to walk and maintain balance over uneven surfaces

Walks through a new room without bumping into objects and people

Only leans on furniture, walls or people and sits slumped over when tired

Is able to throw and attempt to catch ball without losing balance

Coordinates both hands to play, such as swinging a bat or opening a container

Uses both hands equally to play and explore toys

Coordinates hand and finger movements needed to participate in table top games and activities

Can pedal a tricycle



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Daily Activities

Not
Started

Making
Progress

Achieved

Enjoys bath time

Is able to self calm in car rides when not tired or hungry

Tolerates diaper changes without crying

Is not fearful of tipping head back

Is able to use fingertips to pick up small objects, such as small pieces of food

Eats an increasing variety of food

Has an established sleep schedule

Is usually able to self calm to fall asleep

Is able to tolerate and wear new and varied textures of clothes

Is able to take appropriate bites of food, does not always stuff mouth

Is aware of sensations such as a wet diaper or underpants



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Important Milestone Reminders:

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Daily Activities

Not
Started

Making
Progress

Achieved

Is able to tolerate haircuts and nail cutting without crying

Is able to adapt to changes in routine

Can wash hands

Follows simple routines, e.g. clean-up toys

Can use toilet independently



Self-Expression

Not
Started

Making
Progress

Achieved

Is generally happy when not hungry or tired

Is able to calm with experiences such as rocking, touch, and soothing sounds

Has grown accustomed to everyday sounds and is usually not startled by them

Does not require an excessive routine to calm




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 Self-Expression	Not Started	Making Progress	Achieved
Is able to enjoy a wide variety of touch, noise, and smells			
Cries and notices when hurt			
Is able to self soothe when upset			
Enjoys various textures, such as grass or sand, after multiple exposures			
Is able to transition to new environment or activity			
Is able to be away from parents when with supportive and familiar people			
Enjoys playing near peers			



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 Play and Social Skills	Not Started	Making Progress	Achieved
Is interested in, aware of, and able to maintain eye contact with others			
Enjoys playing in small groups with children of the same age			
Is able to initiate and play with another child of the same age			
Turns head in response to name being called			
Takes turns, shares toys, cooperates with others			
Interested in exploring varied environments, such as new playground or friend's house			
Is able to play in new social situations			
Is able to follow rules			
Enjoys playing with variety of toys intended for children of the same age			
Is aware of risky and unsafe environments and behavior			
Participates in crafts / activities that involve wet textures, such as glue			
Enjoys rough but safe play with peers, siblings, or parents			



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Play and Social Skills

Not
Started

Making
Progress

Achieved

Enjoys swinging on playground swings

Enjoys playing with new toys

Is able to locate objects you are pointing to

Enjoys sitting to look at or listen to a book

Usually does not bring non-food objects to mouth

Is able to play with one toy or theme for 15 minute periods of time

Participates in crafts / activities that involve wet textures, such as glue



Coordination

Not
Started

Making
Progress

Achieved

Enjoys and seeks out various ways to move and play

Has adequate endurance and strength to play with peers

Coordinates movements needed to play and explore




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 Coordination	Not Started	Making Progress	Achieved
Usually walks with heel toe pattern and not primarily on toes			
Can maintain balance to catch ball or when gently bumped by peers			
Is able to walk and maintain balance over uneven surfaces			
Walks through new room without bumping into objects or people			
Only leans on furniture, walls or people and sits slumped over when tired			
Is able to throw and attempt to catch ball without losing balance			
Coordinates both hands to play, such as swinging a bat or opening a container			
Coordinates hand and finger movement needed to participate in table top games and activities			
Is able to color and begin to imitate shapes			
Uses appropriate force when playing with peers or pets or when holding objects			
Is able to maintain good sitting posture needed to sit in chair			




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 Daily Activities	Not Started	Making Progress	Achieved
Is able to use utensils to pick up pieces of food			
Has an established sleep schedule			
Is usually able to self calm to fall asleep			
Is able to tolerate and wear textures of new and varied articles of clothes			
Is able to take appropriate bites of food, does not always stuff mouth			
Is able to tolerate haircuts and nail cutting without crying			
Is able to adapt to changes in routine			
Can take bath or shower, although preference may be present			
Eats a diet rich in various foods, temperatures, and textures			
Can drink from a cup and straw without dribbling			
Need for crashing, bumping and moving fast does not interfere with participation in activities and family life			



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Daily Activities

Not
Started

Making
Progress

Achieved

Is able to complete everyday tasks that have multiple steps, such as dressing

Frequently wakes up rested and ready for a new day



Self-Expression

Not
Started

Making
Progress

Achieved

Is generally happy when not hungry or tired

Is able to communicate their wants and needs clearly

Has grown accustomed to everyday sounds and is usually not startled by them

Is able to enjoy a wide variety of touch, noises, and smells

Cries and notices when hurt

Is able to calm self down after upsetting event

Is able to identify their own feelings



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 Self-Expression	Not Started	Making Progress	Achieved
Is able to transition to new environment or activity			
Is able to pay attention and is not distracted by sounds not noticed by others			
Is able to cope with an unexpected change			



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Play and Social Skills

Not
Started

Making
Progress

Achieved

Is interested in, aware of, and able to maintain eye contact with others

Is able to initiate play with another child of the same age

Would rather play with a friend or children rather than adults

Has several friends and enjoys playing with them

Enjoys participating in family outings

Enjoys playing in a new setting

Is able to resolve conflict with friends or other children without teacher or parent intervention

Participates in crafts / activities that involve wet textures, such as glue

Is interested in exploring varied environments, such as new playground or friend's house

Is able to play in and accommodate to new social situations

Enjoys rough but safe play with peers, siblings, or parents

Enjoys playing with new toys

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Play and Social Skills

Not
Started

Making
Progress

Achieved

Enjoys swinging on playground swings

Is able to locate objects you are pointing to

Enjoys playing with a variety of toys intended for children of the same age

Is aware of risky and unsafe environments and behavior

Usually does not bring non-food objects to mouth

Is able to think of various ways to play with one toy

Is not overly controlling of play with other children

Pretend play is rich and varied and does not require adult direction

Can start and finish age appropriate activities within a reasonable amount of time

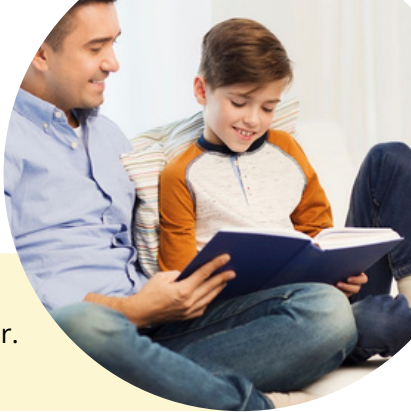


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 Coordination	Not Started	Making Progress	Achieved
Enjoys and seeks out various ways to move and play			
Has adequate endurance and strength to play with peers			
Coordinates movements needed to play and explore			
Usually walks with heel toe pattern and not primarily on toes			
Can maintain balance to catch ball or when gently bumped by peers			
Is able to walk and maintain balance over uneven surfaces			
Walks through a new room without bumping into objects or people			
Only leans on furniture, walls or people and sits slumped over when tired			
Coordinates movement needed for quicker sport-like activities, e.g. soccer, kickball, hopscotch, and gross motor video games			
Coordinates hand and finger movements needed to participate in table top games and activities			
Manipulates clothing fasteners and ties shoelaces			




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 Coordination	Not Started	Making Progress	Achieved
Uses appropriate force when playing with peers or pets or when holding objects			
Is able to maintain good sitting posture needed for school tasks			
Is able to quickly maneuver around peers moving on the playground			
Participates in challenging tasks that require balance, such as riding a bike			
Is able to use fingertips to pick up small objects, such as coins from a table or small game pieces, e.g. small puzzle pieces			
Is able to copy simple designs			
Participates in fine motor activities such as coloring, writing, and cutting			
Has an established hand preference			



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Daily Activities

Not
Started

Making
Progress

Achieved

Is able to use utensils to pick up pieces of food

Has an established sleep schedule

Is usually able to self calm to fall asleep

Is able to tolerate and wear textures of new and varied articles of clothes

Is able to take appropriate bites of food, does not always stuff mouth

Is able to tolerate haircuts and nail cutting

Is able to adapt to changes in routine

Can take bath or shower, although preference may be present

Eats a diet rich in various foods, temperatures, and textures

Need for crashing, bumping and moving fast does not interfere with participation in activities and family life

Is able to independently complete everyday tasks that have multiple steps, such as dressing

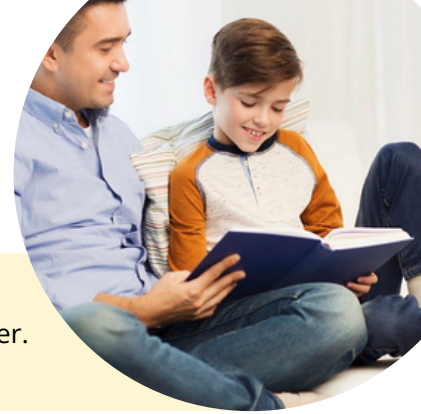


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Daily Activities

Not
Started

Making
Progress

Achieved

Frequently wakes up rested and ready for a new day

Is able to eat without making a mess

Is aware when food is on mouth or face

Is able to follow multiple step directions when motivated

Can organize self and day to accomplish age appropriate tasks independently

Can pay attention in a busy environment such as a classroom

Enjoys participating in loud fun settings, such as birthday parties

Is not overly controlling of daily tasks such as dressing or mealtimes



Self-Expression

Not
Started

Making
Progress

Achieved

Is generally happy when not hungry or tired

Has grown accustomed to everyday sounds and is usually not startled by them



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 Self-Expression	Not Started	Making Progress	Achieved
Has an established and reliable sleeping schedule			
Is able to enjoy a wide variety of touch, noise, and smells			
Cries and notices when hurt			
Is able to self calm down after upsetting event			
Is able to transition to new a environment or activity			
Asks appropriate questions			
Is able to pay attention and is not distracted by sounds not noticed by others			
Is able to cope with unexpected change			
Is able to accommodate unexpected touch by others			
Uses simple strategies to remain calm when experiencing stress			
Does not require excessive consoling when upset			



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