

4-6 Month Milestones Checklist

All our milestones are supported by American Academy of Pediatrics findings. Use this checklist to track your child's development. If you notice your child isn't meeting any of their milestones, bring this checklist to your healthcare provider to discuss your observations and concerns.

This is a Milestone checklist for:

..... / / / /

Child's Name Date of Birth Today's Date

| | Yes | No |
|---|-----|----|
| Motor | | |
| Reaches for toys while on tummy | | |
| While lying on back, transfers toy from hand to the other | | |
| While lying on back, reaches both hands to play with feet | | |
| Uses hands to support self while sitting | | |
| Rolls from back to tummy and tummy to back | | |
| While standing with support, accepts entire weight with legs | | |
| Sensory | | |
| Uses both hands to explore toys | | |
| Generally happy when not hungry or tired | | |
| Brings hands and objects to mouth | | |
| Able to calm with rocking, touching, and gentle sounds | | |
| Is not upset by everyday sounds | | |
| Enjoys a variety of movements | | |
| Communication | | |
| Begins to use consonant sounds in babbling, e.g. "da, da, da" | | |
| Makes different kinds of sounds to express feelings | | |
| Uses babbling to get attention | | |
| Listens and responds when spoken to | | |
| Reacts to sudden noises or sounds | | |
| Notices toys that make sounds | | |

7-9 Month Milestones Checklist

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This is a Milestone checklist for:

..... / / / /

Child's Name Date of Birth Today's Date

| | Yes | No |
|--|-----|----|
| Motor | | |
| Sits without support | | |
| Sits and reaches for toys without falling | | |
| Moves from tummy or back into sitting | | |
| Starts to move with alternate leg and arm movement e.g. creeping, crawling | | |
| Picks up head and pushes through elbows during Tummy Time | | |
| Turns head to visually track objects while sitting | | |
| Shows more control while rolling and sitting | | |
| Picks up small objects with thumbs and fingers | | |
| In simple play imitates others | | |
| Sensory | | |
| Explores and examines an object using both hands and mouth | | |
| Turns several pages of a chunky (board) book at once | | |
| Experiments with the amount of force needed to pick up different objects | | |
| Focuses on objects near and far | | |
| Investigates shapes, sizes, and textures of toys and surroundings | | |
| Observes environment from a variety of positions – while lying on back or tummy, sitting, crawling, and standing with assistance | | |
| Enjoys a variety of movements – bouncing up and down, rocking back and forth | | |

7-9 Month Milestones Checklist

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This is a Milestone checklist for:

..... / / / /

Child's Name Date of Birth Today's Date

| | Yes | No |
|---|-----|----|
| Communication | | |
| Imitates sounds | | |
| Uses increased variety of sounds and syllable combinations in babbling | | |
| Participates in two-way communication | | |
| Recognizes sound of their name | | |
| Looks at familiar objects and people when named | | |
| Follows some routine commands when paired with gestures | | |
| Shows recognition of commonly used words | | |
| Simple gestures, e.g. shaking head for "no" | | |
| Feeding | | |
| In a high chair, holds and drinks from a bottle | | |
| Begins to eat thicker pureed and mashed table foods | | |
| Enjoys chew toys that can massage sore and swollen gums during teething | | |
| Stays full longer after eating | | |
| Starts to look and reach for objects, such as food, that is nearby | | |
| Shows strong reaction to new smells and tastes | | |

13-18 Month Milestones Checklist

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This is a Milestone checklist for:

..... / / / /

Child's Name Date of Birth Today's Date

| | Yes | No |
|---|-----|----|
| Communication - By 18 Months | | |
| Responds to questions | | |
| Repeats words overheard in conversation | | |
| Continues to produce speech-like babbling | | |
| Points at familiar objects and people in pictures | | |
| Understands "in" and "on" | | |
| Responds to yes/no questions with head shake/nod | | |
| Feeding | | |
| Increases variety of coarsely chopped table foods | | |
| Holds and drinks from a cup | | |

19-24 Month Milestones Checklist



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This is a Milestone checklist for:

..... / / / /

Child's Name Date of Birth Today's Date

| | Yes | No |
|---|-----|----|
| Motor | | |
| Starts to jumps with both feet leaving the ground | | |
| When walking, able to pull toys behind them | | |
| Runs | | |
| Stands on tiptoes | | |
| Climbs on low furniture | | |
| Kicks large ball | | |
| Goes up and down stairs with support | | |

| | Yes | No |
|--|-----|----|
| Sensory | | |
| Flips switches on and off | | |
| Uses crayons, pens, or markers to make marks on paper | | |
| Sorts shapes and colors | | |
| Stacks 5 or more small blocks or toys on top of each other | | |
| Takes toys apart and puts them back together | | |



19-24 Month Milestones Checklist

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This is a Milestone checklist for:

..... / / / /
Child's Name Date of Birth Today's Date

| | Yes | No |
|---|-----|----|
| Communication - By 21 Months | | |
| Uses at least 50 words | | |
| Consistently imitates new words | | |
| Names objects and pictures | | |
| Understands simple pronouns (me, you, my) | | |
| Understands new words quickly | | |
| Identifies 3-5 body parts when named | | |

| | Yes | No |
|---|-----|----|
| Communication - By 24 Months | | |
| Uses gestures and words during pretend play | | |
| Begins to use 2 word phrases | | |
| Uses simple pronouns (me, you, my) | | |
| Understands action words | | |
| Follow 2-step related directions, e.g. "Pick up your coat and bring it to me." | | |
| Enjoys listening to stories | | |

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2-3 Years Milestones Checklist

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This is a Milestone checklist for:

..... / / / /
Child's Name Date of Birth Today's Date

| | Yes | No |
|--|-----|----|
| Communication - By 30 Months | | |
| Consistently uses 2-3 word phrases | | |
| Uses "in" and "on" | | |
| At least 50% of speech is understood by caregiver | | |
| Follow 2-step unrelated directions, e.g. "give me the ball and go get your coat" | | |
| Understands basic nouns and pronouns | | |
| Understands "mine" and "yours" | | |

| | Yes | No |
|---|-----|----|
| Communication - By 36 Months | | |
| Ask "what" and "where" questions | | |
| Uses plurals, e.g. "dogs" | | |
| Most speech is understood by caregiver | | |
| Understands most simple sentences | | |
| Simple understanding of concepts including color, space, time | | |
| Understands "why" questions | | |

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