The CitiTots Developmental Milestones Guide

It is always a good idea to be aware of your child's developmental progress. If a child has any kind of developmental delay, it is best to identify and address at an early age. The younger an issue is identified, the better the chance of successfully managing or even eliminating the delay.

Following is a checklist of developmental milestones you can use to evaluate your child. A more thorough and professional evaluation is available through the links below:

From birth to 3 months, most babies:

- ❏ begin to smile
- ❏ startle or cry at loud noises
- ❏ may turn towards familiar sounds and voices
- ❏ recognize bottle or breast
- ❏ struggle to raise their heads when placed on their stomach
- ❏ begin to notice hands

From 3 - 6 months, most babies:

- ❏ roll both ways (front to back, back to front)
- ❏ sit with some support
- ❏ bring objects to their mouths
- ❏ stop playing and listen to sounds or speech
- ❏ respond to sounds around them
- ❏ make or use different cries to indicate needs
- ❏ repeat the same sounds or babble

From 6 - 9 months, most babies:

- ❏ begin to respond to "no" and their name
- ❏ begin to notice and look around for source of new sounds
- ❏ play with their toes
- ❏ recognize familiar faces
- ❏ try to hold their bottles while feeding
- ❏ try to attract attention

From 9 - 12 months, most babies:

- ❏ pull to stand
- ❏ creep or crawl
- ❏ respond to requests ("come to mommy")
- ❏ respond to "no"
- ❏ try to imitate sounds
- ❏ sit by themselves

By 18 months, most toddlers:

- ❏ walk holding onto a hand, furniture or alone
- ❏ show shoes or other articles of clothing upon verbal request
- ❏ speak at least 15 words
- ❏ wave "bye-bye"

By 24 months, most toddlers:

- ❏ run
- ❏ walk up stairs
- ❏ kick a ball
- ❏ understand requests and sometimes repeat them
- ❏ follow two simple requests ("get the ball and bring it to mommy")
- ❏ feed themselves

By 30 months, most toddlers:

- ❏ jump
- ❏ combine two words ("go bye-bye")
- ❏ can point to two common pictures ("kitty", "dog")
- ❏ ask lots of "why" and "what" questions
- ❏ identify eyes, ears and nose by pointing
- ❏ show an interest in toilet training

If you find your child not meeting many of these milestones or are concerned about their cognitive development, please visit:

(0-2.5 years old) http://www.health.ny.gov/community/infants_children/early_intervention

(2.5-4.5 years old) http://www.blindbrook.org/district_info/district_information/pupil_services /cpse.shtml

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