



0-3 Month Milestones Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Motor		
While lying on tummy, lifts and holds head up		
While lying on tummy, pushes up on arms		
Able to move fists from open to fist		
Able to bring hands to mouth		
Moves legs and arms off of surface when excited		
Sensory		
While lying on back, moves eyes to visually track objects		
Attempts to reach for a toy held above their chest		
While lying on back, keeps head centered to watch faces or toys		
Able to calm with rocking, touching, and gentle sounds		
Is not upset by everyday sounds		
Enjoys a variety of movements		
Communication		
Turns head towards sound or voice		
Quiets or smiles when spoken to		
Shows interest in faces		
Makes eye contact		
Cries differently for different needs (e.g. hungry vs. tired)		
Coos and vocalizes other than crying		
Feeding		
Turns head toward nipple or bottle		
Tongue moves forward and back to suck		
Drinks 2 oz. to 6 oz. of liquid per feeding, 6 times per day		
Sucks and swallows well during feeding		



4-6 Month Milestones Checklist

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	Yes	No
Motor		
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		
Reaches for toys while on tummy		
While lying on back, reaches both hands to play with feet		
Uses both hands to explore toys		
Sensory		
While lying on back, transfers a toy from one hand to the other		
Brings hands and objects to mouth		
Generally happy when not hungry or tired		
Able to calm with rocking, touching, and gentle sounds		
Is not upset by everyday sounds		
Enjoys a variety of movements		
Communication		
Fears loud or unexpected noises		
Listens and responds when spoken to		
Begins to babble with p, b, and m sounds		
Begins to babble with constant sounds		
Uses babbling to get attention		
Makes different kinds of sounds to express feelings		
Imitates sounds and facial expressions		
Notices toys that make sounds		
Feeding		
Shows interest in food		
Begins to eat cereals and pureed foods		
Opens mouth as spoon approaches		
Moves pureed food from front of mouth to back		



7-9 Month Milestones Checklist

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	Yes	No
Motor		
Sits and reaches for toys without falling		
Moves from tummy or back into sitting		
Creeps on hands and knees with alternate leg movement		
Uses both hands to explore toys		
Picks up head and pushes through elbows during Tummy Time		
Turns head to visually track objects		
Shows more control while rolling, sitting, and scooting		
Starts to crawl and pull to a stand		
Enjoys a variety of movements – bouncing up and down, rocking back and forth		
Picks up small objects with thumbs and fingers		
Tries to lean towards, reach for, and throw toys		
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		

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7-9 Month Milestones Checklist

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	Yes	No
Communication		
Uses increased variety of sounds and syllable combinations in babbling		
Looks at familiar objects and people when named		
Recognizes sound of their name		
Participates in two-way communication		
Begins using hand movements to communicate wants and needs, e.g. reaches to be picked up		
Follows some routine commands when paired with gestures		
Distinguishes between familiar and unfamiliar voices		
Shows recognition of commonly used words		
Mimics facial expressions and gestures		
Shows interest when looking or pointing		
Recognizes sound of their name		
Responds to name		
Feeding		
Holds and drinks from a bottle		
Places pacifier in mouth		
Begins transition from milk or formula to infant cereal		
Begins to eat junior and mashed table foods		
Enjoys chew toys that can massage sore & swollen gums during teething		
Feels full longer after eating more solid foods		



10-12 Month Milestones Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Motor		
Pulls to stand and cruises along furniture		
Stands alone and takes several steps with independent steps		
May start to walk independently		
Moves in and out of various positions to explore environment and get desired toys		
Sits unsupported and is able to turn head to look at objects without losing balance		
Maintains balance when throwing objects		
Claps hands		
Looks around while body is in motion		
Cranes neck to see around a corner or other obstacle		
Releases objects into a container with a large opening		
Uses thumb and pointer finger to pick up tiny objects		
Sensory		
Enjoys listening to songs		
Enjoys different textures from food, blankets, mud, paint etc.		
Explores toys with fingers and mouth		
Crawls to or away from sounds coming from a distance		
Crawls to or away from objects baby sees in the distance		

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10-12 Month Milestones Checklist

It is important to look at your child’s overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Communication		
Meaningfully uses “mama” or “dada”		
Responds to simple directions, e.g. “Come here”		
Produces long strings of gibberish (called jargonizing) in social communication		
Says one or two words		
Imitates speech sounds		
Babbling has sounds and rhythms of speech		
Understands up to 50 words		
Pays attention to where you are looking and pointing		
Cries and notices when hurt		
Feeding		
Finger feeds self		
Eating an increasing variety of food		
Ready to try soft-cooked vegetables, soft fruits, and finger foods (teething biscuits, cooked pasta)		
Might be ready to start self-spoon feeding		
Enjoys a greater variety of smells and tastes		
Is developing more teeth and better control of tongue and lips		
Begins to use an open cup		



13-18 Month Milestones Checklist

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	Yes	No
Motor		
Walks independently		
Squats to pick up a toy		
Stacks two objects		
Helps with getting dress/undressed		
Sensory		
Has a regular sleep schedule		
Is able to enjoy a wide variety of touch, noises, and smells		
Eats an increasing variety of foods		
Communication		
Combines sounds and gestures		
Imitate words and actions		
Consistently follows simple directions		
Shows interest in pictures		
Can identify 1-2 body parts when named		
Uses 20 words (mostly nouns)		
Responds to questions		
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		
Understands up to 50 words		
Feeding		
Increases variety of coarsely chopped table foods		
Holds and drinks from a cup		



19-24 Month Milestones Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Motor		
Removed own socks		
Able to wash hands with an adults help		
Able to play with toys and pull them along the ground		
Builds tower of three small blocks		
Puts four rings on a stick		
Turns pages two or three at a time		
Scribbles		
Turns knobs		
Paints with whole arm movement, shift hands, makes strokes		
Sensory		
Has a regular sleep schedule		
Is able to enjoy a wide variety of touch, noises, and smells		
Eats an increasing variety of foods		
Communication		
Uses at least 50 words		
Uses words more than gestures		
Beginning to use 2 word phrases		
Uses simple pronouns (me, you, my)		
Understands more than 300 words		
Understands action words		
Enjoys listening to stories		
Feeding		
Can feed themselves (bring spoon to mouth)		
Able to use a cup independently		



2-3 Year Milestones Checklist

It is important to look at your child’s overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Motor		
Able to balance quite well		
Becomes neater when eating independently		
Establishing a dominant hand		
Able to scribble on paper		
Able to copy an adult when teeth brushing		
Able to recognize when they need to go to the toilet		
Strings four large beads		
Turns single pages		
Snips with scissors		
Holds crayons with thumb and fingers, not fist		
Uses one hand consistently in most activities		
Paints with some wrist action, makes dots, lines, circular strokes		
Sensory		
Has a regular sleep schedule		
Is able to enjoy a wide variety of touch, noises, and smells		
Eats an increasing variety of foods		
Communication		
Consistently uses 2-3 word phrases		
Uses “in” and “on”		
At least 50% of speech is understood by caregiver		
Follow 2-step directions, e.g. “pick up your coat and bring it to me”		
Understands basic nouns, verbs, pronouns		
Understands “mine” and “yours”		
Ask “what” and “where” questions		
Uses plurals, e.g. “dogs”		
Most speech is understood by caregiver		



2-3 Year Milestones Checklist

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	Yes	No
Communication continued		
Identifies common body parts		
Uses attention-getting words like “hey” to attract attention		
Express emotion		
Introduces and changes topic		
Understands and uses questions about objects, people and basic events		
Understands and uses “why” questions		
Uses two words phrases		
Begin to use some plurals e.g. books		
Says name and uses fingers to tell age		
Understands simple time concepts “last night”, “tomorrow”		
Likes to hear the same story repeated		
Talks to other children as well as adults		
Matches 3-4 colors, knows big and little		
Uses short sentences like “me want more”		
Follows simple 2-step requests e.g. Get the book and put it on the table.		
300-400 word vocabulary by age 3		
Fluency can be poor		



3-4 Year Milestones Checklist

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	Yes	No
Motor		
Hops on one foot		
Counts to 10		
Wash body with adult supervision		
Little assistance needed when toileting		
Able to recognize the front and back of clothing		
Aware of own name in print		
Cuts on line continuously		
Writes name		
Writes number 1-5		
Copies a square, cross and letters		
Handedness well established		
Can ride a scooter		
Feeding		
Able to drink from a straw		
Drink from a cup independently		
Can use a spoon and fork effectively		
Communication		
Hears you when you call from another room		
Understands some shape and size words		
Understands words for family e.g. brother, grandmother		
Sentences contain four or more words		
Knows and understands nursery rhymes		
Enjoys asking questions		
Talks to themselves during play		
Pronouns usually used correctly		
Talks about what has happened during the day		



3-4 Year Milestones Checklist

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	Yes	No
Communication continued		
Answers simple “who, what, where” questions		
Asks when and how questions		
Says rhyming words like hat-cat		
Understands 1500 words		
Uses 600 – 1000 words		
75% of what they say can be understood by strangers		
Adjusts language to simpler level and uses ‘baby-talk’ with very young children		
Speech is fully intelligible to strangers with minor incorrect uses		



4-5 Year Milestones Checklist

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	Yes	No
Motor		
Dresses with very little assistance		
Toilets independently		
Plays with others		
Hand-eye coordination increasing		
Able to dress without supervision		
Brush hair with adult supervision		
Uses a 3 fingered grasp of pencil and uses fingers to generate movement		
Can draw basic pictures		
Colours within the lines		
Copies triangle		
Can write their name		
Cuts out basic shapes		
Pastes and glues appropriately		
Propels self on swing		
Feeding		
Learning to use fork and knife correctly		
Communication		
Can use language to share, take turns, argue, elaborate		
Begin to describe how other people feel		
Questioning is at its peak		
Vocabulary includes shapes, colors and numbers		
Understands words for order e.g. first, next, last		
Understands words for time e.g. yesterday, today and tomorrow		
Follows classroom directions e.g. “draw a circle around something you eat”		
Follows longer directions e.g. put your pyjamas on, brush your teeth and then choose a book”		
Names letters and numbers		



4-5 Year Milestones Checklist

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	Yes	No
Communication continued		
Tells a short story		
Keeps a conversation going		
Uses past tense correctly		



6 Year Milestones Checklist

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	Yes	No
Motor		
Catches a bouncing tennis ball with one hand		
Brushes own teeth independently		
Able to tie up shoelaces		
Forms most letters correctly		
Demonstrates controlled pencil movement		
Can build Lego, Knex and other blocks independently		
Feeding		
Independently feeds themselves neatly		