

- Doesn't use 2 word sentences by age 2
- Doesn't follow simple instructions by age 2
- Cannot push a wheeled toy by age 2
- By 15 months, doesn't seem to know function of common household objects
- Experiences a dramatic loss of skills she once had

### **(24 Months-36 Months)**

#### **Social**

- Imitates adults and playmates
- Spontaneously shows affection for familiar playmates
- Can take turns in games
- Understands concept of "mine", "his/hers"

#### **Emotional**

- Expresses wide range of emotions
- By 3, separates easily from parents
- Objects to major changes in routine

#### **Cognitive**

- Makes mechanical toys work
- Matches object in hand to picture in book
- Plays make-believe with toys & people
- Sorts objects by shape and color
- Completes puzzles with 3-4 pieces
- Understands concept of "two"

#### **Language**

- Follows 2 or 3 part command
- Recognizes & identifies almost all common objects & pictures
- Understands most sentences
- Understands "on", "in", "under"
- Uses 4-5 word sentences
- Can say name, age, sex
- Uses pronouns (I, you, me, we, they) and plurals (cars, dogs, cats)
- Strangers can understand most of his or her words

#### **Movement**

- Climbs well
- Walks up/down stairs alternating feet
- Kicks ball
- Runs easily
- Pedals tricycle
- Bends over easily without falling

#### **Hand and Finger Skills**

- Builds tower of 6 blocks
- Holds pencil in writing position
- Screws, unscrews jar lids, nuts and bolts
- Turns rotating handles
- Makes vertical, horizontal and circular lines with pencil or crayon
- Turns book pages one at a time

#### **Developmental Health Watch**

Alert your child's doctor or nurse if your child displays any of the following signs for this age:

- Frequent falling & difficulty with stairs
- Persistent drooling or unclear speech
- Can't build a tower of more than 4 blocks
- Difficulty manipulating small objects
- Can't copy a circle by age 3
- Unable to communicate in short phrases
- No involvement in "pretend" play
- Doesn't understand simple instructions
- Little interest in other children
- Extreme difficulty separating from mother or primary caregiver
- Poor eye contact
- Limited interest in toys
- Experiences a dramatic loss of skills she once had

### **(36 Months-5 years)**

#### **Social and Emotional**

- Cooperate with other children
- Negotiate solutions to conflicts
- Often can't distinguish reality/fantasy (4 yrs)
- Dress self, feed self
- Able to distinguish reality/fantasy (5 years)
- Likes to sing, dance, act (5 years)

#### **Cognitive**

- Follow 3 part directions
- Understand same/different
- Can count 10 or more objects (5 years)
- Knows about things used every day in the home (5 years)
- Begin to have a better sense of time

#### **Language**

- Speaks sentences 5-6 words
- Speak clearly enough for strangers to understand

- **Recalls parts of story**
- Understands "same" and "different"
- Says name and address (5 years old)
- Has mastered some basic rules of grammar
- **Uses future tense (5 years)**

#### **Movement**

- Stand on one foot for at least 5 seconds
- Go up and down stairs by self
- Swings, climbs (5 years)
- May be able to skip (5 years)
- Kick ball forward
- Catch bounced ball most of the time
- Hops, somersaults (5 years)

#### **Hand and Finger Skills**

- Draw circles and squares (4 years)
- Draw person with 2-4 body parts (4 yrs)
- Draw triangles & other shapes (5 years)
- Prints some letters (5 years)
- Prints some letters (5 years)
- Use scissors

#### **Developmental Health Watch**

- Can't jump in place
- Can't ride a tricycle
- Exhibits extremely fearful or timid behavior (5 years)
- Exhibits extremely aggressive behavior
- Shows little interest in playing with other children
- Seems unhappy or sad much of the time
- Is easily distracted and unable to concentrate on any single activity for more than five minutes (by 5 years)
- Has trouble, eating, sleeping or using the toilet
- Avoids or seems aloof with other children or adults
- Experiences a dramatic loss of skills she once had

From CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5 by Steven Shelov, M.D. and Robert E. Hannermann, published by Bantam Books, a division of Random House, Inc. and The American Academy of Pediatrics. The appearance of the name American Academy of Pediatrics does not imply endorsement of any product or services.



## Portland Early Childhood Team

### Your Child's Development Important Milestones: (Birth – 5 Years)



**Multnomah County Referral Number:  
503-262-4100**

**501 N. Dixon  
Portland, OR 97227**

**PPS Evaluation Team Number:  
503-916-3426**

Babies develop at their own pace, so it is impossible to tell exactly when your child will learn a given skill. The developmental milestones listed below will give you a general idea of the changes you can expect, but don't be alarmed if your own baby's development takes a slightly different course.

### **(Birth - 4 Months)**

#### **Social and Emotional**

- Begins to develop a social smile
- Enjoys playing with people and may cry when play stops
- Becomes more expressive and communicates more with face and body
- Imitates some movements and facial expressions

#### **Movement**

- Raises head & chest when lying on tummy
- Supports upper body with arms when on tummy
- Opens and shuts hands
- Brings hands to mouth
- Takes swipes at dangling objects w/ hands
- Grasps, shakes hand toys
- Kicks legs when lying on stomach or back

#### **Vision**

- Watches face intently
- Follows moving objects
- Recognizes familiar objects/people at a distance
- Starts using hands & eyes in coordination

#### **Hearing and Speech**

- Smiles at the sound of your voice
- Begins to babble, imitate some sounds
- Turns head toward direction of sound

### **Developmental Health Watch**

Alert your child's doctor or nurse if your child displays any of the following signs for this age:

- Does not seem to respond to loud noises
- Does not notice hands by 2 months
- Doesn't follow moving objects with eyes by 2-3 months
- Doesn't grasp and hold objects by 3 mo.
- Can't support head well by 3 months
- Doesn't babble by 3-4 months
- Doesn't bring object to mouth by 4 months
- Doesn't try to imitate sounds by 4 months
- Doesn't push down w/ legs when held on firm surface

- Has trouble moving eyes in all directions
- Doesn't pay attention to new faces or is frightened of new faces
- Experiences a dramatic loss of skills she once had

### **(4 Months-8 Months)**

#### **Social and Emotional**

- Enjoys social play
- Interested in mirror images
- Responds to other people's expression & appears joyful often

#### **Cognitive**

- Finds partially hidden object
- Explores with hands and mouth
- Struggles to get objects out of reach

#### **Language**

- Responds to own name
- Begins to respond to "no"
- Can tell emotions by tone of voice
- Responds to sounds by making sounds
- Uses voice to express joy and displeasure
- Babbles chains of sounds

#### **Movement**

- Rolls both ways (front/back, back/front)
- Sits with, then without, support with hands
- Supports whole weight on legs
- Reaches with one hand
- Transfers object from hand to hand
- Uses hand to rake objects

#### **Vision**

- Distance vision and color vision matures
- Ability to track moving objects improves

### **Developmental Health Watch**

Alert your child's doctor or nurse if your child displays any of the following signs for this age:

- Seems very stiff, with tight muscles
- Seems very floppy, like a rag doll
- Reaches with one hand only
- Refuses to cuddle
- Shows no affection for person caring for her
- One or both eyes consistently turns in or out
- Doesn't respond to sounds around her
- Has difficulty getting objects to mouth
- Doesn't roll over either direction by 5 mo.
- Doesn't smile on own by 5 months
- Experiences a dramatic loss of skills she once had

- Doesn't laugh or make squealing sounds by 6 months
- Doesn't bear weight on legs by 7 months
- Shows no interest in peek-a-boo by 8 mos.

### **(8 Months-12 Months)**

#### **Social and Emotional**

- Shy or anxious with strangers
- Finger-feeds self
- Extends arm or leg to help when being dressed
- Prefers mother/regular caregiver over others
- Enjoys imitating people in her play
- Looks in the direction of your point

#### **Cognitive**

- Finds hidden objects easily
- Imitates gestures
- Explores objects in different ways
- Looks at correct picture when named

#### **Language**

- Says "dada" and "mama"
- Responds to simple verbal requests
- Tries to imitate words
- Uses exclamations such as "uh-oh"
- Uses simple gestures (shakes head no)

#### **Movement**

- Crawls forward on belly
- Assumes hands-and-knees position
- Creeps on hands and knees
- Pulls self up to stand
- Walks holding on to furniture
- Stands momentarily without support

#### **Hand and Finger Skills**

- Bangs two objects together
- Puts objects into container
- Pokes with finger
- Takes objects out of container

### **Developmental Health Watch**

Alert your child's doctor or nurse if your child displays any of the following signs for this age:

- Doesn't crawl
- Can't stand when supported
- Drags one side of body when crawling
- Says no single words
- Doesn't learn to use gestures such as waving
- Experiences a dramatic loss of skills she once had

### **(12 Months-24 Months)**

#### **Social and Emotional**

- Imitates behavior of others- esp. adults
- More aware of herself as separate from others
- More excited about company of other children
- Demonstrates increasing independence
- Begins to show defiant behavior
- Separation anxiety begins to show mid-year then fades

#### **Cognitive**

- Finds objects when hidden
- Begins to sort by shape and color
- Begins make-believe play

#### **Language**

- Points to object or picture when named for him
- Recognizes names of familiar people, objects and body parts
- Says several single words (by 15-18 mo)
- Uses simple phrases (by 18-24 months)
- Uses 2-3 word sentences
- Follows simple instructions
- Repeats words overheard in conversation

#### **Movement**

- Walks alone
- Pulls toys behind while walking
- Carries large toy while walking
- Begins to run
- Stands on tiptoe
- Kicks a ball
- Climbs onto and down furniture by self
- Walks up/down stairs with support

#### **Hand & Finger Skills**

- Scribbles on his or her own
- Turns over container to pour out contents
- Builds tower of 4 blocks or more
- Might use one hand more often than other

### **Developmental Health Watch**

Alert your child's doctor or nurse if your child displays any of the following signs for this age:

- Cannot walk by 18 months
- Fails to develop heel-toe walk after several months of walking or walks only on toes
- Doesn't speak at least 15 words