

A GUIDE TO DEVELOPMENTAL MILESTONES



AT 2 MONTHS, I...

- ☐ Follow things with my eyes
- ☐ Smile at people
- ☐ Turn my head to sounds
- ☐ Hold my head up



AT 4 MONTHS, I...

- ☐ Watch things as they move
- ☐ Hold my head steady
- ☐ Coo or make sounds
- ☐ Bring things to my mouth
- ☐ Push down with my legs when my feet are on a hard surface



AT 6 MONTHS, I...

- ☐ Try to get things that are in reach
- ☐ Show affection for caregivers
- ☐ Respond to sounds around me
- ☐ Make vowel sounds ("ah," "eh," "oh")
- ☐ Roll over in either direction



AT 9 MONTHS, I...

- ☐ Bear weight on my legs with support
- ☐ Sit with help
- ☐ Babble ("mama," "baba," "dada")
- ☐ Respond to my own name
- ☐ Look where you point

AT 1 YEAR, I...

- ☐ Crawl
- ☐ Stand when supported
- ☐ Search for things that I see you hide
- ☐ Learn gestures like waving or shaking my head
- ☐ Point to things



AT 18 MONTHS (1½ YEARS), I...

- ☐ Point to show things to others
- ☐ Walk
- ☐ Copy others
- ☐ Gain new words
- ☐ Notice when a caregiver leaves or returns



AT 2 YEARS, I...

- ☐ Use two-word phrases (e.g., "drink milk")
- ☐ Know what to do with common things like a brush, phone, fork, and spoon
- ☐ Copy actions and words
- ☐ Follow simple instructions
- ☐ Walk steadily



AT 3 YEARS, I...

- ☐ Play simple games (such as pegboards and puzzles)
- ☐ Speak in sentences
- ☐ Understand simple instructions
- ☐ Play pretend or make-believe
- ☐ Play with other children or toys



AT 4 YEARS, I...

- ☐ Jump in place
- ☐ Use "me" and "you" correctly
- ☐ Scribble
- ☐ Use the toilet
- ☐ Speak clearly



AT 5 YEARS, I...

- ☐ Show a wide range of emotions
- ☐ Can tell what's real and what's make-believe
- ☐ Play a variety of games and activities
- ☐ Talk about daily activities or experiences
- ☐ Brush my teeth, wash and dry my hands, and get undressed without help

AT 5-8 YEARS, I...

- ☐ Form and maintain friendships
- ☐ Initiate my own ideas and actions
- ☐ Work to learn new skills and take pride in showing them off
- ☐ Take care of my own body
- ☐ Develop self-esteem



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- Access to your own flexible, friendly personal support person
- Help ensuring your child is reaching their milestones
- Resources for you and your family

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