

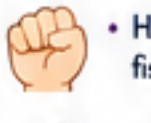
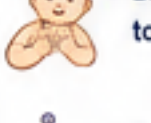
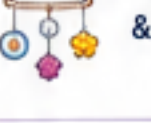
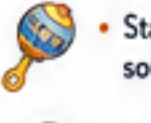
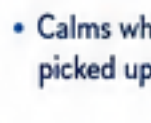
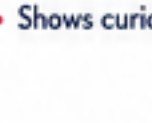
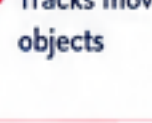
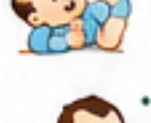
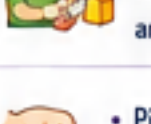
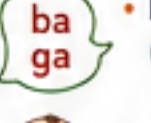
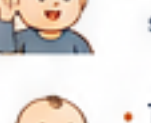
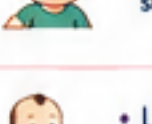
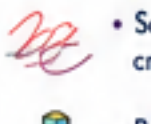
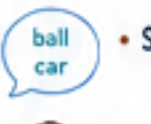
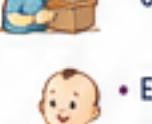
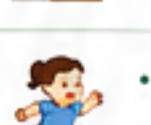
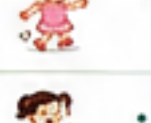
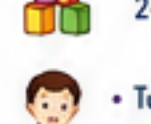
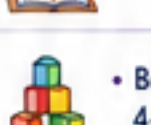
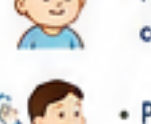
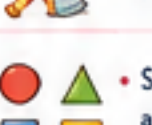
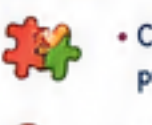
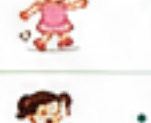
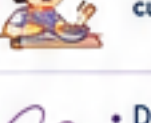
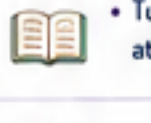
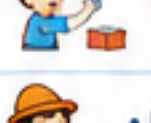
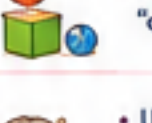
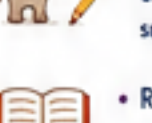
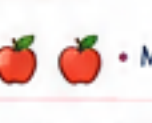
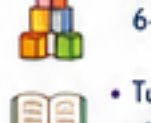
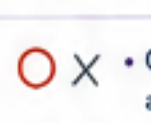
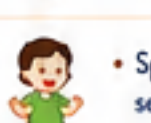
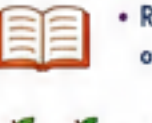
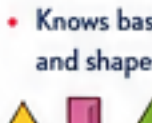
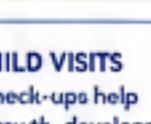
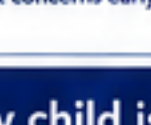
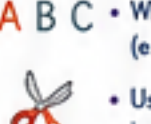
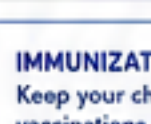
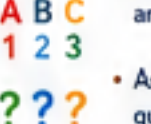
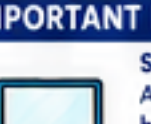
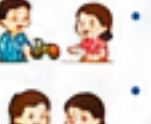
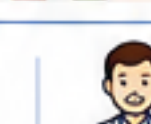
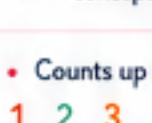
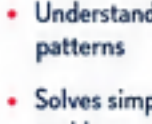
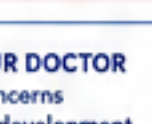
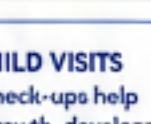
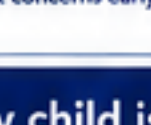
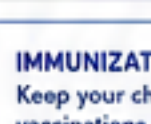
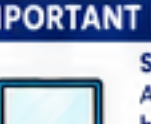
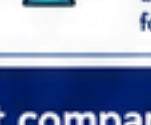
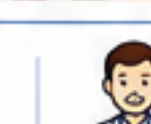
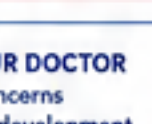
# DEVELOPMENTAL MILESTONE CHART

## BIRTH TO 5 YEARS



Every child develops in their own way and at their own pace. Use this chart as a guide and discuss any concerns with your pediatrician.

Track • Support • Nurture • Thrive

| AGE                      | GROSS MOTOR                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | FINE MOTOR                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | LANGUAGE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | SOCIAL & EMOTIONAL                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | COGNITIVE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>BIRTH TO 3 MONTHS</b> |  <ul style="list-style-type: none"> <li>Lifts head slightly</li> </ul>  <ul style="list-style-type: none"> <li>Moves arms and legs actively</li> </ul>  <ul style="list-style-type: none"> <li>Opens hands</li> </ul>                                                                                                                                                                     |  <ul style="list-style-type: none"> <li>Hands mainly fisted</li> </ul>  <ul style="list-style-type: none"> <li>Brings hands to midline</li> </ul>  <ul style="list-style-type: none"> <li>Follows objects &amp; faces</li> </ul>                           |  <ul style="list-style-type: none"> <li>Startles to sounds</li> </ul>  <ul style="list-style-type: none"> <li>Recognizes parent's voice</li> </ul>  <ul style="list-style-type: none"> <li>aaa ooo</li> </ul>                                                     |  <ul style="list-style-type: none"> <li>Calms when picked up</li> </ul>  <ul style="list-style-type: none"> <li>Looks at faces</li> </ul>  <ul style="list-style-type: none"> <li>Smiles responsively</li> </ul>                                                      |  <ul style="list-style-type: none"> <li>Watches faces and objects</li> </ul>  <ul style="list-style-type: none"> <li>Shows curiosity</li> </ul>  <ul style="list-style-type: none"> <li>Tracks moving objects</li> </ul>                                   |
| <b>4 TO 6 MONTHS</b>     |  <ul style="list-style-type: none"> <li>Holds head steady</li> </ul>  <ul style="list-style-type: none"> <li>Rolls over (tummy to back)</li> </ul>  <ul style="list-style-type: none"> <li>Pushes up on elbows when on tummy</li> </ul>                                                                                                                                               |  <ul style="list-style-type: none"> <li>Reaches for objects</li> </ul>  <ul style="list-style-type: none"> <li>Holds &amp; shakes rattle</li> </ul>  <ul style="list-style-type: none"> <li>Transfers object from one hand to another</li> </ul>       |  <ul style="list-style-type: none"> <li>Babbles (ba, ma, ga)</li> </ul>  <ul style="list-style-type: none"> <li>Responds to sounds</li> </ul>  <ul style="list-style-type: none"> <li>Turns head towards sounds</li> </ul>                                    |  <ul style="list-style-type: none"> <li>Smiles and laughs</li> </ul>  <ul style="list-style-type: none"> <li>Enjoys playing with people</li> </ul>  <ul style="list-style-type: none"> <li>Recognizes familiar faces</li> </ul>                                   |  <ul style="list-style-type: none"> <li>Explores objects by mouthing</li> </ul>  <ul style="list-style-type: none"> <li>Brings objects to mouth</li> </ul>  <ul style="list-style-type: none"> <li>Shows interest in surroundings</li> </ul>           |
| <b>7 TO 12 MONTHS</b>    |  <ul style="list-style-type: none"> <li>Sits without support</li> </ul>  <ul style="list-style-type: none"> <li>Crawls</li> </ul>  <ul style="list-style-type: none"> <li>Pulls to stand</li> </ul>  <ul style="list-style-type: none"> <li>May take first steps with support</li> </ul>         |  <ul style="list-style-type: none"> <li>Pincer grasp (thumb &amp; finger)</li> </ul>  <ul style="list-style-type: none"> <li>Picks up small objects</li> </ul>  <ul style="list-style-type: none"> <li>Bangs two objects together</li> </ul>         |  <ul style="list-style-type: none"> <li>Says "mama" or "dada" specifically</li> </ul>  <ul style="list-style-type: none"> <li>Understands simple words like "no"</li> </ul>  <ul style="list-style-type: none"> <li>Imitates sounds and gestures</li> </ul> |  <ul style="list-style-type: none"> <li>Stranger anxiety</li> </ul>  <ul style="list-style-type: none"> <li>Waves "bye-bye"</li> </ul>  <ul style="list-style-type: none"> <li>Plays peek-a-boo</li> </ul>                                                      |  <ul style="list-style-type: none"> <li>Looks for hidden objects</li> </ul>  <ul style="list-style-type: none"> <li>Explores cause and effect</li> </ul>  <ul style="list-style-type: none"> <li>Puts objects in containers</li> </ul>               |
| <b>13 TO 18 MONTHS</b>   |  <ul style="list-style-type: none"> <li>Walks independently</li> </ul>  <ul style="list-style-type: none"> <li>May run</li> </ul>  <ul style="list-style-type: none"> <li>Climbs on low furniture</li> </ul>  <ul style="list-style-type: none"> <li>Walks up stairs with help</li> </ul>        |  <ul style="list-style-type: none"> <li>Scribbles with crayon</li> </ul>  <ul style="list-style-type: none"> <li>Builds tower of 2-3 blocks</li> </ul>  <ul style="list-style-type: none"> <li>Turns pages of a book</li> </ul>                      |  <ul style="list-style-type: none"> <li>Says 5-10 words</li> </ul>  <ul style="list-style-type: none"> <li>Follows simple commands</li> </ul>  <ul style="list-style-type: none"> <li>Points to show things</li> </ul>                                      |  <ul style="list-style-type: none"> <li>Shows affection to familiar people</li> </ul>  <ul style="list-style-type: none"> <li>Plays simple pretend (e.g., feeds doll)</li> </ul>  <ul style="list-style-type: none"> <li>Drinks from cup, uses spoon</li> </ul> |  <ul style="list-style-type: none"> <li>Finds hidden objects easily</li> </ul>  <ul style="list-style-type: none"> <li>Matches shapes</li> </ul>  <ul style="list-style-type: none"> <li>Imitates household activities</li> </ul>                    |
| <b>19 TO 24 MONTHS</b>   |  <ul style="list-style-type: none"> <li>Runs well</li> </ul>  <ul style="list-style-type: none"> <li>Kicks a ball</li> </ul>  <ul style="list-style-type: none"> <li>Climbs stairs holding rail</li> </ul>  <ul style="list-style-type: none"> <li>Jumps with both feet off ground</li> </ul>    |  <ul style="list-style-type: none"> <li>Builds tower of 4-6 blocks</li> </ul>  <ul style="list-style-type: none"> <li>Turns doorknobs</li> </ul>  <ul style="list-style-type: none"> <li>Uses spoon and cup better</li> </ul>                        |  <ul style="list-style-type: none"> <li>Says 20-50 words</li> </ul>  <ul style="list-style-type: none"> <li>Combines two words (e.g., "mama milk")</li> </ul>  <ul style="list-style-type: none"> <li>Names familiar objects</li> </ul>                     |  <ul style="list-style-type: none"> <li>Plays alongside other children</li> </ul>  <ul style="list-style-type: none"> <li>Shows defiant behavior ("No!")</li> </ul>  <ul style="list-style-type: none"> <li>Helps with simple tasks</li> </ul>                  |  <ul style="list-style-type: none"> <li>Sorts shapes and colors</li> </ul>  <ul style="list-style-type: none"> <li>Completes simple puzzles</li> </ul>  <ul style="list-style-type: none"> <li>Understands "in", "on", "under"</li> </ul>            |
| <b>2 TO 3 YEARS</b>      |  <ul style="list-style-type: none"> <li>Jumps in place</li> </ul>  <ul style="list-style-type: none"> <li>Throws ball overhand</li> </ul>  <ul style="list-style-type: none"> <li>Climbs stairs alternating feet</li> </ul>  <ul style="list-style-type: none"> <li>Rides tricycle</li> </ul>    |  <ul style="list-style-type: none"> <li>Draws lines and circles</li> </ul>  <ul style="list-style-type: none"> <li>Builds tower of 6-8 blocks</li> </ul>  <ul style="list-style-type: none"> <li>Turns pages one at a time</li> </ul>                |  <ul style="list-style-type: none"> <li>Says 2-3 word sentences</li> </ul>  <ul style="list-style-type: none"> <li>Has 200+ words</li> </ul>  <ul style="list-style-type: none"> <li>Follows two-step commands</li> </ul>                                   |  <ul style="list-style-type: none"> <li>Plays pretend more elaborately</li> </ul>  <ul style="list-style-type: none"> <li>Takes turns in play</li> </ul>  <ul style="list-style-type: none"> <li>Shows range of emotions</li> </ul>                             |  <ul style="list-style-type: none"> <li>Understands concepts like big/small, long/short</li> </ul>  <ul style="list-style-type: none"> <li>Remembers parts of stories</li> </ul>  <ul style="list-style-type: none"> <li>Matches pictures</li> </ul> |
| <b>3 TO 4 YEARS</b>      |  <ul style="list-style-type: none"> <li>Hops on one foot</li> </ul>  <ul style="list-style-type: none"> <li>Catches a ball</li> </ul>  <ul style="list-style-type: none"> <li>Climbs stairs alternating feet</li> </ul>  <ul style="list-style-type: none"> <li>Balances on each foot</li> </ul> |  <ul style="list-style-type: none"> <li>Copies circles and crosses</li> </ul>  <ul style="list-style-type: none"> <li>Draws simple shapes</li> </ul>  <ul style="list-style-type: none"> <li>Uses scissors with supervision</li> </ul>               |  <ul style="list-style-type: none"> <li>Speaks in full sentences</li> </ul>  <ul style="list-style-type: none"> <li>Knows name, age, gender</li> </ul>  <ul style="list-style-type: none"> <li>Tells short stories</li> </ul>                               |  <ul style="list-style-type: none"> <li>Plays cooperatively with others</li> </ul>  <ul style="list-style-type: none"> <li>Understands sharing and taking turns</li> </ul>  <ul style="list-style-type: none"> <li>Dresses with help</li> </ul>                 |  <ul style="list-style-type: none"> <li>Counts 1-10</li> </ul>  <ul style="list-style-type: none"> <li>Knows basic colors and shapes</li> </ul>  <ul style="list-style-type: none"> <li>Concepts (day/night)</li> </ul>                              |
| <b>4 TO 5 YEARS</b>      |  <ul style="list-style-type: none"> <li>Skips</li> </ul>  <ul style="list-style-type: none"> <li>Hops and jumps well</li> </ul>  <ul style="list-style-type: none"> <li>Throws and catches ball</li> </ul>  <ul style="list-style-type: none"> <li>Rides bicycle with training wheels</li> </ul> |  <ul style="list-style-type: none"> <li>Draws person with 4-6 parts</li> </ul>  <ul style="list-style-type: none"> <li>Writes some letters (e.g., A, B, C)</li> </ul>  <ul style="list-style-type: none"> <li>Uses scissors independently</li> </ul> |  <ul style="list-style-type: none"> <li>Tells longer stories</li> </ul>  <ul style="list-style-type: none"> <li>Knows alphabet and numbers</li> </ul>  <ul style="list-style-type: none"> <li>Asks many "why" questions</li> </ul>                          |  <ul style="list-style-type: none"> <li>Has more independence</li> </ul>  <ul style="list-style-type: none"> <li>Follows rules in games</li> </ul>  <ul style="list-style-type: none"> <li>Shows empathy for others</li> </ul>                                  |  <ul style="list-style-type: none"> <li>Counts up to 20</li> </ul>  <ul style="list-style-type: none"> <li>Understands patterns</li> </ul>  <ul style="list-style-type: none"> <li>Solves simple problems</li> </ul>                                 |

### WHAT IS A MILESTONE?



Milestones are things most children can do by a certain age as they grow and develop.

### RED FLAGS

(Seek evaluation if your child does not...)

Engage in social interaction

- Make eye contact
- Babble or talk
- Crawl or walk by expected age
- Lose skills they once had

WHEN IN DOUBT, GET IT CHECKED OUT.

### HOW TO HELP YOUR CHILD

- ✓ Talk, read & sing daily
- ✓ Encourage play & exploration
- ✓ Provide nutritious food & sleep
- ✓ Limit screen time (especially < 2 years)
- ✓ Give love, patience & positive attention

### REMEMBER

Early identification and intervention can make a big difference in your child's future.



### IMPORTANT REMINDERS



**WELL CHILD VISITS**  
Regular check-ups help monitor growth, development and detect concerns early.



**IMMUNIZATION**  
Keep your child's vaccinations up to date as per IAP/ACVIP Immunization Schedule.



**SCREEN TIME**  
Avoid screen time before 2 years of age. Limit to < 1 hour/day for 2-5 years.



**TALK TO YOUR DOCTOR**  
Discuss any concerns about growth, development, behavior, hearing, vision or learning.



**FOR SUPPORT**  
Early guidance today builds a healthier, happier tomorrow.