

DEVELOPMENTAL MILESTONES

| MILESTONES | SUPPORT |
|---|--|
| TWO MONTHS | |
| <p>Smiles at people</p> <p>Turns head toward sounds</p> <p>Can hold their head up on their own</p> | <p>Look at pictures of relatives with them</p> <p>Talk, read, and sing to them</p> <p>Encourage them to lift their head by holding a toy at eye level</p> |
| FOUR MONTHS | |
| <p>Begins to babble and copies sounds they hear</p> <p>Cries in different ways to show hunger, pain, or being tired</p> <p>Responds to affection</p> | <p>Copy their sounds back to them</p> <p>Help them learn how to calm themselves by remaining patient and using a soothing voice</p> <p>Hold them and talk to them cheerfully</p> |
| SIX MONTHS | |
| <p>Likes to play with others</p> <p>Shows curiosity about things and tries to get things that are out of reach</p> <p>Begins to sit without support</p> | <p>Play on the floor with them as often as possible</p> <p>Point to the object they are reaching for and talk about it</p> <p>Place pillows around them to help them balance</p> |
| NINE MONTHS | |
| <p>Makes a lot of different sounds like “mamamama” and “bababababa”</p> <p>May be clingy with familiar adults</p> <p>Crawls</p> | <p>Copy their sounds and words back to them</p> <p>As they move around, try to stay close so they know you are near</p> <p>Put them close to things they like, encouraging them to crawl</p> |
| ONE YEAR | |
| <p>Hands you a book when they want to hear a story</p> <p>Tries to say words you say</p> <p>Looks at the right picture or thing when it's named</p> | <p>Read to them and ask them to participate by turning the pages and identifying the pictures</p> <p>Talk to them about what you are doing (for example, “I am cleaning the dishes”)</p> <p>Give them lots of praise when they do something positive</p> |

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(CONTINUED)

| MILESTONES | SUPPORT |
|--|--|
| EIGHTEEN MONTHS | |
| Plays simple pretend, such as feeding a doll Scribbles on their own Walks alone | Encourage them to use their imagination Draw with them Provide safe areas for them to move around |
| TWO YEARS | |
| Copies others, especially adults and older children Shows defiant behavior Repeats words overheard in conversation | Encourage them to help with simple chores Give them praise when they follow instructions, and limit praise when they don't Do not correct them when they mispronounce a word; repeat it back to them correctly instead |
| THREE YEARS | |
| Carries on a conversation using two to three sentences Follows instructions with two or three steps Turns book pages one at a time | Ask them about their day Give them simple instructions, such as "put your shoes on" Read to them and ask them to repeat words after you |
| FOUR YEARS | |
| Sings a song from memory, such as the "Wheels on the Bus" Tells stories Names some colors and numbers | Play their favorite music and sing with them Encourage participation by asking them what they think will happen next Identify colors of things in books and around your home |
| FIVE YEARS | |
| Speaks very clearly Uses future tense; for example, "Grandma will be here" Can print some letters or numbers | Ask them to describe what they are doing Teach them concepts such as morning, noon, and nighttime Keep a pencil, paper, and crayons handy to encourage them to write and draw |