

Developmental Milestones

2 Months

- Social/Emotional:**
 - ◆ begins smiling at people
 - ◆ calms self (sucks on hands)
 - ◆ tries to look at parent

- Language:**
 - ◆ coos and gurgles
 - ◆ turns head towards sounds

- Cognitive:**
 - ◆ pays attention to faces
 - ◆ begins to follow objects and recognize people at a distance
 - ◆ gets fussy when bored

- Physical:**
 - ◆ lifts head and tries to push up while on stomach
 - ◆ makes smoother movements with arms and legs

- Tell your health care provider if your child:**
 - ◆ doesn't lift head while on stomach
 - ◆ doesn't watch/follow objects as they move
 - ◆ doesn't smile at people
 - ◆ doesn't bring hands to mouth
 - ◆ doesn't respond to loud sounds

** Remember: all children grow/ mature at different rates**

Special Circumstances

**All children develop at their own pace;
sometimes they need extra help**

Preemie Development:

Milestones may be reached differently when a baby is born prematurely

Ask your health care provider about how your baby is developing. S/He will figure out how much to adjust for your baby's prematurity

For great resources on preemie and NICU babies, contact The March of Dimes Foundation via their website- www.marchofdimes.com or the Colorado Chapter phone: (303) 692-0011

Early Intervention:

Infants and children who aren't reaching developmental milestones may benefit from early intervention services and infants born at low birth weights automatically qualify for EI services (S.W. Kids)

For information about Early Intervention Colorado visit their website - [http:// www.eicolorado.org/](http://www.eicolorado.org/) or call 1-888- 777-4041

For more resources and links visit the Montelores Early Childhood website: <http://moteloresecc.org>

Developmental Milestones

4 Months

- ❑ **Social/Emotional:**
 - ◆ likes to play and smile spontaneously
 - ◆ may get upset when game is over
 - ◆ copies movements and facial expressions

- ❑ **Language/Communication:**
 - ◆ makes babbling sounds
 - ◆ copies sounds
 - ◆ has a different cry for different needs

- ❑ **Physical:**
 - ◆ holds head unsupported
 - ◆ may roll over from tummy to back
 - ◆ shakes a toy while holding it, swipes at dangling toys
 - ◆ brings hands to mouth
 - ◆ pushes up to elbows during tummy time

- ❑ **Cognitive:**
 - ◆ responds to affection
 - ◆ reaches for a toy with one hand
 - ◆ uses hands and eyes together
 - ◆ ex. sees a toy and reaches for it
 - ◆ recognizes familiar people and objects at a distance
 - ◆ follows objects with eyes from side to side

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Development Milestones

4 Months

- **Tell your health care provider if your child:**
 - ◆ doesn't watch things as they move
 - ◆ doesn't smile at people
 - ◆ can't support own head
 - ◆ doesn't make sounds
 - ◆ doesn't bring hands to mouth
 - ◆ doesn't bear weight while feet are placed on hard surface
 - ◆ has trouble moving one or both eyes in any direction

Development Milestones

6 Months

- ❑ **Cognitive:**
 - ◆ studies things nearby
 - ◆ brings objects to mouth
 - ◆ shows curiosity and tries to get things that are out of reach
 - ◆ moves items from one hand to the other

- ❑ **Social/Emotional:**
 - ◆ begins to recognize familiar faces and knows when someone is a stranger
 - ◆ likes to play with others especially parents
 - ◆ responds to others emotions, but seems happy most of the time
 - ◆ observes self in mirror

- ❑ **Physical:**
 - ◆ rolls over in both directions (front-back, back-front)
 - ◆ starting to sit without support
 - ◆ supports own weight on legs and may bounce while standing
 - ◆ while on hands and knees, rocks back and forth
 - ◆ may crawl backward before moving forward

- ❑ **Language:**
 - ◆ responds to sounds by making sounds
 - ◆ strings vowel sounds together and takes back-and-forth turns 'talking'
 - ◆ responds to name
 - ◆ beginning to say consonant sounds

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Development Milestones

6 Months

☐ Tell your health care provider if your child:

- ◆ doesn't try to get things within reach
- ◆ shows little or no affection to caregivers
- ◆ doesn't respond to sounds
- ◆ has difficulty getting things into mouth
- ◆ doesn't make vowel sounds (ah,eh,ih,oh)
- ◆ doesn't roll over
- ◆ doesn't laugh or squeal
- ◆ seems very stiff with tight muscles
- ◆ seems very floppy, like a rag doll

Developmental Milestones

9 Months

- ❑ **Social/Emotional:**
 - ◆ showing some fear of strangers
 - ◆ may be clingy with caregivers
 - ◆ has favorite toys that are comforting

- ❑ **Language:**
 - ◆ understands the word “no”
 - ◆ makes many vocal sounds
 - ◆ copies sounds and gestures of others
 - ◆ points at things with fingers

- ❑ **Cognitive:**
 - ◆ looks for hidden objects
 - ◆ plays peek-a-boo
 - ◆ puts things in mouth
 - ◆ mastered moving objects and toys from one hand to other
 - ◆ picks up things like small cereal between thumb and index finger

- ❑ **Physical:**
 - ◆ stands holding on to furniture or hands
 - ◆ can move into sitting position and sit without support
 - ◆ pulls up to stand
 - ◆ crawls

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Developmental Milestones

9 Months

- ❑ **Tell your health care provider if your child:**
 - ◆ doesn't bear weight on legs with support
 - ◆ can't sit with help
 - ◆ doesn't make babbling sounds like /ga-ga/, /ba-ba/
 - ◆ doesn't play any games involving back-and-forth interactions
 - ◆ doesn't respond to own name
 - ◆ doesn't seem to recognize familiar people
 - ◆ does not look where you point
 - ◆ doesn't transfer toys from one hand to the other

Development Milestones

1 Year

Social/Emotional:

- ◆ shows stranger anxiety
- ◆ cries when mom or dad leaves
- ◆ has favorite objects and people
- ◆ fearful in some new situations
- ◆ hands a book to caregiver when desiring a story
- ◆ repeats sounds or actions to get attention
- ◆ plays games such as “peek-a-boo” and “pat-a-cake”

Language:

- ◆ responds to simple spoken requests
- ◆ uses gestures, such as shaking head “no” or waving “bye- bye”
- ◆ vocal sounds becoming more like speech
- ◆ says “mama” and “dada” and exclamations like “uh- oh!”
- ◆ attempts to copy words heard

Development Milestones

1 Year

Physical:

- ◆ can get to sitting position without help
- ◆ pulls up to stand; walks holding on to furniture (“cruising”)
- ◆ may take a few steps without holding on; may stand alone

Cognitive:

- ◆ likes shaking, banging, throwing, and exploring things
- ◆ looks at the right picture or object when named
- ◆ learning the uses for common objects, such as “a cup is for drinking”
- ◆ bangs two objects together
- ◆ puts things in and takes them out of a container
- ◆ pokes with index (pointer) finger
- ◆ follows simple directions

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Development Milestones

1 Year

- ❑ **Tell your health care provider if your child:**
 - ◆ doesn't crawl
 - ◆ doesn't stand when supported
 - ◆ doesn't search for things that she sees you hide
 - ◆ doesn't say single words such as "mama" or "dada"
 - ◆ hasn't learned gestures like waving or shaking head
 - ◆ doesn't point to things
 - ◆ loses skills once learned