### Milestones

**Important parent ideas:**
- Keep a notebook for your concerns and observations.
- Review this chart and check the signs you see in your baby. It’s ok to check boxes in any/all columns.
- Share your concerns with your child’s doctor or health care professional.

<table>
<thead>
<tr>
<th>Age group</th>
<th>Typical speech development*</th>
<th>Typical play development*</th>
<th>Typical physical development*</th>
<th>Signs to watch for in physical development*</th>
</tr>
</thead>
</table>
| By 3 months | - Sucks and swallows well during feeding  
- Quiets or smiles in response to sound or voice  
- Coos or vocalizes other than crying  
- Turns head toward direction of sound  
- Begins to use consonant sounds in babbling, e.g., “dada”  
- Uses babbling to get attention  
- Begins to eat cereals and pureed foods | (While lying on their back)  
- Visually tracks a moving toy from side to side  
- Attempts to reach for a rattle held above their chest  
- Keeps head in the middle to watch faces or toys | (While lying on their tummy)  
- Pushes up on arms  
- Lifts and holds head up | - Difficulty lifting head  
- Stiff legs with little or no movement  
- Pushes back with head  
- Keeps hands fisted and lacks arm movement |
| 6 months | - Sucks and swallows well during feeding  
- Quiets or smiles in response to sound or voice  
- Coos or vocalizes other than crying  
- Turns head toward direction of sound  
- Begins to use consonant sounds in babbling, e.g., “dada”  
- Uses babbling to get attention  
- Begins to eat cereals and pureed foods | (While lying on their back)  
- Visually tracks a moving toy from side to side  
- Attempts to reach for a rattle held above their chest  
- Keeps head in the middle to watch faces or toys | (While lying on their back)  
- Pushes up on arms  
- Lifts and holds head up | - Rounded back  
- Unable to lift head up  
- Poor head control  
- Difficult to bring arms forward to reach out  
- Arches back and stiffens legs  
- Arms held back  
- Stiff legs |
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<tbody>
<tr>
<td>9 months</td>
<td>Increases variety of sounds and syllable combinations in babbling</td>
<td>In a high chair, holds and drinks from a bottle</td>
<td>Sits and reaches for toys without falling</td>
<td>Uses one hand predominately</td>
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<tr>
<td></td>
<td>Looks at familiar objects and people when named</td>
<td>Explores and examines an object using both hands</td>
<td>Moves from tummy or back into sitting</td>
<td>Rounded back</td>
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<tr>
<td></td>
<td>Begins to eat junior and mashed table foods</td>
<td>Turns several pages of chunky (board) book at once</td>
<td>Creeps on hands and knees with alternate arm and leg movement</td>
<td>Poor use of arms in sitting</td>
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<tr>
<td>12 months</td>
<td>Meaningfully uses “mama” and “dada”</td>
<td>Finger feeds self</td>
<td>Pulls to stand and cruises along furniture</td>
<td>Difficulty crawling</td>
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<tr>
<td></td>
<td>Responds to simple commands, e.g., “come here”</td>
<td>Releases objects into a container with a large opening</td>
<td>Stands alone and takes several independent steps</td>
<td>Uses only one side of body to move</td>
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<td></td>
<td>Produces long strings of gibberish (jargoning) in social communication</td>
<td>Uses thumb and pointer finger to pick up tiny objects</td>
<td></td>
<td>Inability to straighten back</td>
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<td></td>
<td>Begins to use an open cup</td>
<td></td>
<td></td>
<td>Cannot take weight on legs</td>
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<tr>
<td>15 months</td>
<td>Vocabulary consists of five to ten words</td>
<td>Stacks two objects or blocks</td>
<td>Walks independently and seldom falls</td>
<td>Difficulty getting to stand because of stiff legs and pointed toes</td>
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<tr>
<td></td>
<td>Imitates new, less familiar words</td>
<td>Helps with getting undressed</td>
<td>Squats to pick up toy</td>
<td>Only uses arms to pull up to standing</td>
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<tr>
<td></td>
<td>Understands 50 words</td>
<td>Holds and drinks from a cup</td>
<td></td>
<td>Sits with weight to one side</td>
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<tr>
<td></td>
<td>Increases variety of coarsely chopped table foods</td>
<td></td>
<td></td>
<td>Strongly flexed or stiffly extended arms</td>
</tr>
</tbody>
</table>

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*Remember to correct your child's age for prematurity.
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