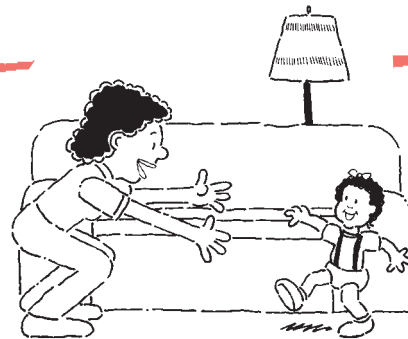


Your Child's Growth: Developmental Milestones



Watching a young child grow is a wonderful and unique experience for a parent. Learning to sit up, walk, and talk are some of the more major developmental milestones your child will achieve. But your child's growth is a complex and ongoing process. Young bodies are constantly going through a number of physical and mental changes.

Although no two children develop at the same rate, they should be able to do certain things at certain ages. As a parent, you are in the best position to note your child's development, and you can use the milestones described in this brochure as guidelines.

At the ages noted in this brochure, observe your child for 1 month. (This lets you take into account any days when your child may be acting differently because she is sick or upset.) Use the milestones listed for each age to see how your child is developing.

Remember, a "No" answer to any of these questions does not necessarily mean that there is a problem. Every child develops at his own pace and may sometimes develop more slowly in certain areas than other children the same age. Keep in mind these milestones should be used only as guidelines.

Plan to talk about these guidelines with your pediatrician during your next office visit if you note the following:

- Major differences between your child's development and the milestones.
- Your child does not yet do many of the things usually done at her age.

3 Months

When your baby is lying on his back, does he move each of his arms equally well? Check "No" if your baby makes jerky or uncoordinated movements with one or both of his arms or legs, or uses only one arm all the time.

Yes No

Does your baby make sounds such as gurgling, cooing, babbling, or other noises besides crying?

Yes No

Does your baby respond to your voice?

Yes No

Are your baby's hands frequently open?

Yes No

When you hold your baby in the upright position, can she support her head for more than a moment?

Yes No

6 Months

Have you seen your baby play with his hands by touching them together?

Yes No

Does your baby turn her head to sounds that originate out of her immediate area?

Yes No

Has your baby rolled over from his stomach to his back or from back to stomach?

Yes No

When you hold your baby under her arms, can she bear some weight on her legs? Check "Yes" only if she tries to stand on her feet and support some of her weight.

Yes No

When your baby is on his stomach, can he support his weight on outstretched hands?

Yes No

Does your baby see small objects such as crumbs?

Yes No

Does your baby produce a string of sounds?

Yes No

Does she react to the emotions of others?

Yes No

Does your baby begin to relax when you read him a bedtime story?

Yes No

Does your baby notice herself and her actions in a mirror?

Yes No

Does your baby reach out for you to pick him up?

Yes No

9 Months

When your baby is playing and you come up quietly behind her, does she sometimes turn her head as though she hears you? (Loud sounds do not count.) Check "Yes" only if you have seen her respond to quiet sounds or whispers.

Yes No

Can your baby sit without support and without holding up his body with his hands?

Yes No

Does your baby crawl or creep on her hands and knees?

Yes No

Does your baby hold his bottle?

Yes No

Does your baby deliberately drop or throw toys?

Yes No

Does she bang, strike, and shake her toys?

Yes No

When you show your baby a book, does he get excited, then try to grab and taste it?

Yes No

Is your baby wary of unfamiliar people?

Yes No

Does your baby make sounds that use vowels and consonants?

Yes No

12 Months

When you hide behind something or around a corner and then reappear, does your baby look for you and eagerly plan for you to reappear?

Yes No

Does your baby pull up to stand?

Yes No

Does your baby walk holding on to furniture?

Yes No

Does your baby make "ma-ma" or "da-da" sounds? Check "Yes" if she makes either sound.

Yes No

Does your baby say at least one word?

Yes No

Is your baby able to locate sounds by turning his head?

Yes No

Does your baby imitate familiar adult behavior, such as using a cup or telephone?

Yes No

Does your baby turn her books face up, but turn several pages at once? Yes No

Does your baby look for and find toys? Yes No

Does your baby eagerly explore objects and spaces? Yes No

18 Months

Can your child hold a regular cup or glass without help and drink from it without spilling? Yes No

Can your child walk all the way across a large room without falling or wobbling from side to side? Yes No

Does your child take off his shoes by himself? Yes No

Does your child feed herself? Yes No

Does your child clearly look to his parents in stressful situations? Yes No

Does your child have temper tantrums? Yes No

Does your child say at least 4 to 10 words? Yes No

Does your child point to a picture that you name in a book? Yes No

Does your child pretend to talk? Yes No

2 Years

Can your child say things like "all gone," "go bye-bye," or other two-word sentences? Yes No

Does your child say about 50 words? Yes No

Can your child take off clothes such as pajamas (tops or bottoms) or pants? (Diapers, hats, and socks do not count.) Yes No

Does your child run without falling? Yes No

Does your child look at pictures in a picture book? Yes No

Does your child carry around a favorite book and pretend to read it to you? Yes No

Does your child tell you what she wants? Yes No

Does your child repeat words others say? Yes No

Does your child point to at least one named body part? Yes No

Does your child participate in play with other children? Yes No

Does your child show increasing independence, wanting to do things his way? Yes No

Does your child like to collect or hoard things? Yes No

3 Years

Can your child name at least one picture when you look at animal books together? Yes No

Does your child enjoy sitting together for at least 5 minutes for story time? Yes No

Can your child answer "what" questions about the story that you have just read together? Yes No

Can your child throw a ball overhand (not sidearm or underhand) toward your stomach or chest from a distance of 5 feet? Yes No

Is your child easily understood by most adults? Yes No

Does your child help put things away? Yes No

Can your child answer the question, "Are you a boy or girl?" Yes No

Can your child name at least one color? Yes No

Does your child talk in three-word sentences most of the time? Yes No

4 Years

Can your child pedal a tricycle at least 10 feet forward? Yes No

Does your child play hide-and-seek, cops-and-robbers, or other games where she takes turns and follows rules? Yes No

Does your child turn paper pages in a book one at a time? Yes No

Does your child retell stories that are familiar? Yes No

Can your child tell you what action is taking place in a picture? Yes No

Does your child use action words (verbs)? Yes No

Does your child play pretend games, such as with toys, dolls, animals, or even an imaginary friend? Yes No

Can your child copy a circle? Yes No

Does your child pretend to write, making marks on a page that only he can read? Yes No

Does your child mostly use four-word or five-word sentences when talking? Yes No

5 Years

Can your child button some of her clothing or her doll's clothes? (Snaps do not count.) Yes No

Does your child react well when you leave him with a friend or sitter? Yes No

Can your child name at least three colors? Yes No

Can your child walk down stairs alternating her feet? Yes No

Can your child jump with his feet apart (broad jump)? Yes No

Can your child point while counting at least three different objects? Yes No

Can your child name a coin correctly? Yes No

Does your child like to relax together with you for 10 to 20 minutes of story time? Yes No

Can your child copy a square? Yes No

Can your child name at least some letters of the alphabet when she sees them? Yes No

Can your child identify and print the first letter in his name? Yes No

Can your child recognize and name several single numbers? Yes No

Does your child recognize common street and store signs (eg, "Stop," "Open")? Yes No

6 Years

- Can your child tie her shoes? Yes No
- Can your child dress himself completely without help? Yes No
- Can your child catch a small bouncing ball, such as a tennis ball, using only her hands? (Large balls do not count.) Yes No
- Can your child skip with both feet? Yes No
- Can your child tell his age correctly? Yes No
- Can your child repeat at least four numbers in the proper sequence? Yes No
- Can your child recognize and name at least 10 letters in the alphabet? Yes No
- Does your child know the sounds of most letters of the alphabet? Yes No
- Can your child recognize and read 15 or more common words? Yes No
- Can your child copy a few simple words from a book? Yes No

As a parent, you are in the best position to note these subtle aspects of your child's behavior. These clues signal that your child's development is on schedule or that something might be wrong. A "No" answer to any of the questions may be a warning sign. Make sure to bring it to your pediatrician's attention. Remember, these milestones are an aid, not a test.

If you have any questions, plan to discuss them with your pediatrician. Pediatricians are trained to detect and treat developmental problems in children. Many problems, if detected early, can be treated by your pediatrician and successfully managed.

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From your doctor

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American Academy of Pediatrics
PO Box 747
Elk Grove Village, IL 60009-0747
Web site — <http://www.aap.org>

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