

Developmental milestones for babies and toddlers



Each baby is **unique** and has her/his own rhythm of development  **Avoid comparing** your baby to others!

Feeding and oral skills

Motor skills

Cognitive and language skills

0-1 month



Suckle skills



Lifts head momentarily



Cries to express distress



Throaty sounds



Looks intently at parents when they talk

2-3 months



Moves hands to mouth



Develops head balance



Hearing is fully developed



Differentiates parents from strangers and recognizes voices



Smiles responsively

4-6 months



Starts eating solid food



No extrusion reflex



Explores shapes and textures of toys with the tongue



Holds objects with the whole hand



Holds head steady and rolls over from tummy to back



Moves arms to indicate "pick me up"



Laughs and squeals



Makes noises and "conversations"



Turns head to follow familiar voices

7-9 months



Sucks liquids from a cup with help of an adult



Eats lumpy food



Starts using a spoon



Ready for finger foods



Sits and crawls



Pulls him/herself up to stand



Points at objects



Claps hands



Recognizes faces



Responds to own name



Begins to babble

Feeding and oral skills





Motor skills

Cognitive and language skills

10-12 months

-  Licks his/her lips
-  Prefers to self-feed
-  Eats soft solids
-  Drinks from sippy cup independently




-  Stands alone for seconds
-  Walks few steps
-  Uses pincer grasp to pick up small objects

-  Uses one word again and again
-  Associates "dada" or "mama" to parents
-  Recognizes food by sight, smell and taste
-  Bangs 2 objects together

13-18 months


-  Takes part in family meals
-  Eats solid foods
-  Gives kisses




-  Walks independently
-  Runs without falling
-  Starts to climb

-  Speech becomes understandable
-  2-word sentences (18th month)
-  Shows what he/she wants by pulling, pointing or grunting

19-24 months

-  Oral movements well developed
-  Starts eating alone
-  Eats wide range of textures




-  Walks independently, runs, jumps with support, climbs, dances

-  Follows simple instructions ("give it to daddy")
-  Identifies him/herself in photographs
-  Recognizes some body parts

24+ months

-  Eats alone and is able to use a fork
-  Drinks from open cup without spilling

-  Washes and dries hands
-  Opens door by turning knob
-  Jumps with two feet

-  Enjoys music and imitates gestures and rhythms
-  Follows 2-part instructions
-  "Reads" books by turning pages and looking at pictures

