

<i>Social</i>	<i>Self-Help</i>	<i>Physical</i>	<i>Communication</i>	<i>Cognitive</i>
<b>Birth to One Month</b>				
___ Looks at face for a few seconds ___ Quiets to voice ___ Smiles reflexively	___ Sucks well from bottle or breast ___ Opens and closes mouth in response to food stimulus	___ Moves head from side to side while on tummy ___ Head bobs but stays erect ___ Responds to different light intensities ___ Regards colorful object momentarily	___ Cries when hungry or uncomfortable ___ Coos randomly	___ Responds to sounds ___ Quiets when picked up
<b>Two Months</b>				
___ Smiles or vocalizes to talk and touch ___ Establishes eye contact for brief periods	___ Reacts to sight or touch of bottle or breast ___ Coordinates sucking, swallowing, and breathing (regular pattern)	___ Kicks feet alternately ___ Head and chest are raised to 90 degrees with forearm support ___ Follows moving person with eyes ___ Moves arms at the same time in the same direction	___ Makes comfort sounds ___ Makes sucking sounds	___ Inspects surroundings ___ Brings hand to mouth
<b>Three Months</b>				
___ Imitate adult's smile ___ Draws attention to self when in distress	___ Sucks and swallows pureed food from spoon ___ Naps frequently	___ Bears some weight on feet ___ Rolls from side to back ___ Holds head steady when held ___ Brings hands to midline while on back ___ Reaches for object	___ Coos when talked to or sung to ___ Laughs	___ Mouths object ___ Inspects own hands ___ Begins to play with rattle
<b>Four Months</b>				
___ Recognize familiar people by smiling, reaching	___ Gums or mouths pureed food using "chewing" motions	___ Holds chest up while on tummy with weight on his/her forearms ___ Rolls from stomach to back ___ Clasps hands ___ Looks with head at midline	___ Turns head or eyes in direction of voices and sounds	___ Shakes rattle ___ Persist at an effort to obtain object

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<b>Five Months</b>				
___ Reacts differently to strangers ___ Enjoys social play	___ Pats bottle ___ Brings hand to mouth with object or toy	___ Sits with slight support ___ Holds head in line when pulled to sitting ___ Reaches for objects with both hands ___ Reaches for toy followed by momentary grasp	___ Vocalizes attitudes-pleasure and displeasure ___ Looks and vocalizes to own name	___ Looks at object he/she is holding ___ Plays with paper
<b>Six Months</b>				
___ Displays stranger anxiety ___ Raises arms to mother	___ Holds own bottle ___ Bites food voluntarily	___ Turns in a circle while on tummy ___ Bears almost all weight on legs ___ Voluntarily releases object ___ Recovers object ___ Transfers object from one hand to the other	___ Waves bye-bye ___ Babbles to people	___ Looks to the floor when something falls ___ Reaches for second object purposefully while holding another
<b>Seven Months</b>				
___ Responds playfully to mirror ___ Gets upset and cries if left alone	___ Drinks from cup held for him/her ___ Bites and chews toys	___ Child will extend arms to side and front for balance ___ Reaches for object with one arm	___ Babbles double consonants (ma-ma, ba-ba) ___ Coordinates looking with listening	___ Uncovers cloth from own face ___ Bangs objects
<b>Eight Months</b>				
___ Likes to be near parent ___ Participates in simple games	___ Takes bottle from table, inverts to drink ___ Eats mashed table food without gagging	___ Pulls self to hands and knees ___ Rocks forward and backward while on hands and knees ___ Uses index finger to poke ___ Rakes tiny object	___ Imitates sounds he/she already knows (aah, ooh, goo) ___ Participates in simple games	___ Imitates hand movements (such as clap, wave) ___ Attains a hidden object
<b>Nine Months</b>				
___ Repeats activity that elicits laughter ___ Extends toy but does not release	___ Finger feeds self ___ Sleeps nights 12 to 14 hours	___ Sits alone ___ Claps hands ___ Uses neat pincer grasp (thumb against index) to pick up small object	___ Imitates consonant-vowel combinations (ba-ba, ma-ma) ___ Responds to "no"	___ Turns head and looks back and forth at two sounds ___ Finds toy hidden under 1 of 2 covers

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<b>Ten Months</b>				
___ Gives items to others upon request ___ Moves away from primary caregiver in same room	___ Enjoys playing in water ___ Holds a spoon	___ Creeps forward ___ Pulls to stand ___ Bangs two cubes together ___ Takes objects out of a container	___ Identifies three objects or people that are spoken or signed	___ Attempts to imitate facial movements
<b>Twelve Months</b>				
___ Engages in imitative play ___ Tests parental reaction at feeding or bedtime	___ Holds and drinks from cup with some spilling ___ Cooperates with dressing by extending limbs	___ Walks with both hands held ___ Removes hands from support and stands independently ___ Turns page of cardboard book ___ Plays with toys at midline; one hand holds and the other manipulates	___ Uses two or more words to label objects or name people	___ Laughs when adult engages in silly or "baby" behavior
<b>Fourteen Months</b>				
___ Shows affection to others ___ Moves out of sight of caregiver for short periods	___ Brings spoon to mouth turns spoon over ___ Indicates need for diaper to be changed	___ Creeps up stairs ___ Stoops and recovers ___ Points with index finger ___ Puts many objects into a container without removing them	___ Follows simple commands ___ Uses signs or words to express wants	___ Pulls string vertically to obtain object ___ Recalls location of toy put down for a few minutes
<b>Sixteen Months</b>				
___ Displays independent behavior says no a lot ___ Displays frequent tantrums	___ Scoops food from dish with spoon ___ Removes loose clothing	___ Walks independently ___ Climbs on furniture ___ Builds a two block tower ___ Scribbles when given crayon and paper	___ Indicates "yes" or "no" in response to questions	___ Brings objects from another room on request ___ Identifies self in mirror
<b>Eighteen Months</b>				
___ Desires control over others ___ Plays alongside other children	___ Unties shoes ___ Allows teeth to be brushed	___ Walks upstairs holding railing ___ Carries large toy while walking ___ Plays with toys at midline (one hand holds toy, other manipulates)	___ Identifies one body part ___ Uses seven or more words	___ Understands the name of most common objects ___ Recognizes and points to four animal pictures
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<b>Twenty Months</b>				

___ Provides “help” in simple household tasks ___ Interacts with peers using gestures	___ No longer uses bottle ___ Washes own hands with help	___ Walks down stairs with railing ___ Squats in play ___ Builds a four cube tower ___ Turns pages of a book, one at a time	___ Imitates two-word phrases (more milk, mama gone, etc.) ___ Imitates environmental sounds	___ Completes simple puzzles ___ Sorts objects into categories
<b>Twenty-Two Months</b>				
___ Resists assistance in feeding ___ Asks for snacks or drinks	___ Feeds self a meal with spoon and cup as primary utensils	___ Runs stiffly ___ Imitates vertical or horizontal crayon stroke ___ Builds a six cube tower	___ Points to five parts of body ___ Child uses a personal pronoun ( me, mine, my)	___ Puts objects away in correct places ___ Sorts by color
<b>Twenty-Four Months</b>				
___ Shares toys with peers occasionally ___ Attempts to comfort others in distress	___ Wipes nose if prompted ___ Removes simple clothing (jacket, stretch pants, etc.)	___ Jumps off floor with both feet ___ Attempts to fold paper ___ Turns doorknob ___ Strings three beads	___ Child uses own name to refer to self ___ Answers “what’s your name” correctly	___ Recognizes familiar adult in photograph ___ Identifies clothing items for different occasions
<b>Twenty-Six Months</b>				
___ Displays shyness with strangers in outside situations ___ Expresses feelings (interest, excitement, etc.)	___ Independently eats entire meal with utensil(s) ___ Puts on simple clothing (hat, pants, shoes)	___ Propels riding toy with feet ___ Unscrews jar lid ___ Can snip with scissors	___ Understands concept of “one” ___ Asks simple questions	___ Engages in adult role-playing (mopping, talk on phone, etc.) ___ Use and understand size
<b>Twenty-Eight Months</b>				
___ Greets familiar adults spontaneously	___ Handles fragile items carefully ___ Pulls pants down with minimal assistance	___ Walks backward ten feet ___ Makes a crayon rubbing ___ Pulls apart large pop beads	___ Uses three or four short sentences or phrases ___ Understands “look”	___ Anticipates parts of rhymes or songs ___ Points to the hand that is hiding a toy

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<b>Thirty Month</b>				
___ Knows own age ___ Helps adult in activities such as picking up or wiping table	___ Dries hands ___ Puts on simple clothing	___ Runs five to ten feet without falling ___ Stands on one leg for two to three seconds ___ Demonstrates a hand preference ___ Unbuttons large buttons	___ Understands names of six familiar places ___ Joins in nursery rhymes ___ Request assistance	___ Pretends that objects are something else (blocks are trucks) ___ Follows directions (in, out, etc.)
<b>Thirty-Two Months</b>				
___ Avoids common dangers (glass, animals, street) ___ Makes positive statements about self	___ Puts on all clothes independently except fasteners	___ Climbs ladder on low slide ___ Kicks ball a few feet ___ Holds bowl and stirs ___ Transfers material with a spoon	___ Identifies 5 or more objects by usage (What do we drink out of?)	___ Answers number questions involving "one" and "two" ___ Assumes different roles in playing house
<b>Thirty-Four Months</b>				
___ Expresses affection and/or preference for peers ___ Spontaneously tells own first name	___ Knows proper place for own things ___ Uses napkin	___ Walks up ten steps using alternate feet ___ Manipulates pedals on riding toy ___ Builds a tower using eight cubes ___ Identifies an object by feeling it	___ Requests permission ___ Responds appropriately to "where" questions ___ Uses negative terms (can't, don't)	___ Gives or selects "two" or "three" ___ Identifies red, blue, and yellow
<b>Thirty-Six Months</b>				
___ Answers correctly when asked to identify their own gender	___ Indicated need to toilet or uses toilets independently ___ Washes own hands independently	___ Avoids large obstacles when running ___ Climbs on low jungle-gym bars and drop to ground a few inches ___ Makes continuous cut across paper ___ Copies circle ___ Screws on lids	___ Sustains conversation for several turns ___ Repeats new words to self	___ Identifies square and round ___ Follows instructions using all or none or not any