## 0-3 Month Milestones Checklist



All our milestones are supported by American Academy of Pediatrics findings. Use this checklist to track your child's development. If you notice your child isn't meeting any of their milestones, bring this checklist to your healthcare provider to discuss your observations and concerns.

e of Birth	Today's Yes	Date <b>No</b>
	Yes	No
om side to side		
d above their chest		
faces or toys		
ınds		• • • • • • • • • • • • • • • • • • • •
tired)		
er day		
	om side to side d above their chest faces or toys inds tired)	d above their chest faces or toys inds tired)

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### 4-6 Month Milestones Checklist

This is a Milestone checklist for:



All our milestones are supported by American Academy of Pediatrics findings. Use this checklist to track your child's development. If you notice your child isn't meeting any of their milestones, bring this checklist to your healthcare provider to discuss your observations and concerns.

	/ /		/ /
ild's Name	Date of Birth	Today	y's Date
		Yes	No
Motor			
Reaches for toys while on tummy			
While lying on back, transfers toy from h	and to the other		
While lying on back, reaches both hands	to play with feet		
Uses hands to support self while sitting			
Rolls from back to tummy and tummy to	back		
While standing with support, accepts ent	ire weight with legs		
Sensory			
Uses both hands to explore toys			
Generally happy when not hungry or tire	d		
Brings hands and objects to mouth			
Able to calm with rocking, touching, and	gentle sounds		
Is not upset by everyday sounds			
Enjoys a variety of movements			
Communication			
Begins to use consonant sounds in babb	ling, e.g. "da, da, da"		
Makes different kinds of sounds to expre	ess feelings		
Uses babbling to get attention			1
Listens and responds when spoken to			
Reacts to sudden noises or sounds			
Notices toys that make sounds			

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## 4-6 Month Milestones Checklist



All our milestones are supported by American Academy of Pediatrics findings. Use this checklist to track your child's development. If you notice your child isn't meeting any of their milestones, bring this checklist to your healthcare provider to discuss your observations and concerns.

This is a Milestone checklist for:				
	/ /	/	/	
Child's Name	Date of Birth	Today's Date		
		Yes	No	
Feeding				
Shows interest in food				
Opens mouth as spoon approaches				
Moves pureed food from front of mouth	to back			
Begins to eat cereals and pureed foods				

## 7-9 Month Milestones Checklist



All our milestones are supported by American Academy of Pediatrics findings. Use this checklist to track your child's development. If you notice your child isn't meeting any of their milestones, bring this checklist to your healthcare provider to discuss your observations and concerns.

This is a Milestone checklist for:			
	/ /	/	/
Child's Name	Date of Birth	Today's Da	ate
		Yes	No
Motor			
Sits without support			•••••
Sits and reaches for toys without falling			
Moves from tummy or back into sitting			
Starts to move with alternate leg and arm le.g. creeping, crawling	movement		
Picks up head and pushes through elbows	during Tummy Time		
Turns head to visually track objects while s	itting		
Shows more control while rolling and sitting	g		
Picks up small objects with thumbs and fin	gers		
In simple play imitates others			
Sensory			
Explores and examines an object using bot	th hands and mouth		
Turns several pages of a chunky (board) bo	ook at once		
Experiments with the amount of force nee	ded to pick up different objects		
Focuses on objects near and far			
Investigates shapes, sizes, and textures of	toys and surroundings		
Observes environment from a variety of poor tummy, sitting, crawling, and standing w			
Enjoys a variety of movements – bouncing rocking back and forth	up and down,		

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## 7-9 Month Milestones Checklist



All our milestones are supported by American Academy of Pediatrics findings. Use this checklist to track your child's development. If you notice your child isn't meeting any of their milestones, bring this checklist to your healthcare provider to discuss your observations and concerns.

his is a Milestone checklist for:			
	/ /	/	/
Child's Name	Date of Birth	Today's D	ate
		Yes	No
Communication			
lmitates sounds			• • • • • • • • • • • • • • • • • • • •
Uses increased variety of sounds and sy	llable combinations in babbling		• • • • • • • • • • • • • • • • • • • •
Participates in two-way communication			
Recognizes sound of their name			
Looks at familiar objects and people wh	en named		
Follows some routine commands when	paired with gestures		
Shows recognition of commonly used w	ords		
Simple gestures, e.g. shaking head for "r	าo"		
Feeding			
In a high chair, holds and drinks from a	bottle		
Begins to eat thicker pureed and mashe	d table foods		
Enjoys chew toys that can massage sore during teething			
Stays full longer after eating			
Starts to look and reach for objects, suc	h as food, that is nearby		
Shows strong reaction to new smells an	d tastes		

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## 10-12 Month Milestones Checklist Pathweys

All our milestones are supported by American Academy of Pediatrics findings. Use this checklist to track your child's development. If you notice your child isn't meeting any of their milestones, bring this checklist to your healthcare provider to discuss your observations and concerns.

his is a Milestone checklist fo	or:		
	/ /	/	/
hild's Name	Date of Birth	Today's Da	ate
		Yes	No
Motor			
Releases objects into a contain	ner with a large opening		
Uses thumb and pointer finger to pick up tiny objects			
Pulls to stand and cruises along furniture			
Stands alone and takes severa	al independent steps		
Moves in and out of various poget desired toys	ositions to explore environment and		
Maintains balance in sitting wl	hen throwing objects		
Claps hands			
Sensory			
Enjoys listening to songs			
Explores toys with fingers and	l mouth		

Crawls to or away from objects baby sees in the distance

# 10-12 Month Milestones Checklist Pathways

All our milestones are supported by American Academy of Pediatrics findings. Use this checklist to track your child's development. If you notice your child isn't meeting any of their milestones, bring this checklist to your healthcare provider to discuss your observations and concerns.

his is a Milestone checklist for:				
	/ /	/	/	
hild's Name	Date of Birth	Today's	Today's Date	
		Yes	No	
Communication				
Meaningfully uses "mama" or "dada	 !!			
lmitates speech sounds				
Babbling has sounds and rhythms o	of speech			
Responds to "no"				
Responds to simple directions, e.g. '	'Come here"			
Pays attention to where you are looking and pointing				
Produces long strings of gibberish (j social communication	argoning) in			
Says one or two words				
Begins using hand movements to co e.g. reaches to be picked up	ommunicate wants and needs,			
Feeding				
Finger feeds self				
Eating an increasing variety of food				
Begins to use an open cup				
Ready to try soft-cooked vegetables (banana slices, cooked pasta)	, soft fruits, and finger foods			
Might be ready to start self feeding	with utensils			
Enjoys a greater variety of smells ar	nd tastes			

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## 13-18 Month Milestones Checklist Pathweys

All our milestones are supported by American Academy of Pediatrics findings. Use this checklist to track your child's development. If you notice your child isn't meeting any of their milestones, bring this checklist to your healthcare provider to discuss your observations and concerns.

his is a Milestone checklist for:			
	/ /	/	/
Child's Name	Date of Birth	Today's Da	te
		Yes	No
Motor			
Walks independently and seldom falls			
Squats to pick up a toy			
Stacks two objects or blocks			
Sensory			
Has a regular sleep schedule			
Helps with getting dressed/undressed			
Eats an increasing variety of foods			
Communication - By	15 Months		
May use 5-10 words			
Imitates simple words and actions			
Combines sounds and gestures			
Consistently follows simple directions			
Shows interest in pictures			
Can identify 1-2 body parts when named	<u> </u>		
Understands 50 words			

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## 13-18 Month Milestones Checklist Pathweys

All our milestones are supported by American Academy of Pediatrics findings. Use this checklist to track your child's development. If you notice your child isn't meeting any of their milestones, bring this checklist to your healthcare provider to discuss your observations and concerns.

his is a Milestone checklist for:			
	/ /	/	/
hild's Name	Date of Birth	Today's I	Date
		Yes	No
Communication - By 18	Months		
Responds to questions			
Repeats words overheard in conversation			
Continues to produce speech-like babbling			
Points at familiar objects and people in picture	es		
Understands "in" and "on"			
Responds to yes/no questions with head shak	e/nod		
Feeding			
Increases variety of coarsely chopped table fo	ods		
Holds and drinks from a cup			

## 19-24 Month Milestones Checklist Pathway



All our milestones are supported by American Academy of Pediatrics findings. Use this checklist to track your child's development. If you notice your child isn't meeting any of their milestones, bring this checklist to your healthcare provider to discuss your observations and concerns.

is is a Milestone checklist for:			
	/ /	/	/
ild's Name	Date of Birth	Today's Da	ate
		Yes	No
Motor			
Starts to jumps with both feet leaving the grou	und		
When walking, able to pull toys behind them			
Runs			
Stands on tiptoes			
Climbs on low furniture			
Kicks large ball			
Goes up and down stairs with support			
		Yes	No
Sensory			
Flips switches on and off			•••••
Uses crayons, pens, or markers to make mark	s on paper		
Sorts shapes and colors			
Stacks 5 or more small blocks or toys on top o	of each other		
Takes toys apart and puts them back together	-		



## 19-24 Month Milestones Checklist Rathwell



All our milestones are supported by American Academy of Pediatrics findings. Use this checklist to track your child's development. If you notice your child isn't meeting any of their milestones, bring this checklist to your healthcare provider to discuss your observations and concerns.

This is a Milestone checklist for:			
	/ /	/	/
hild's Name	Date of Birth	Today's Da	ate
		Yes	No
Communication - By	21 Months		
Uses at least 50 words			
Consistently imitates new words			
Names objects and pictures			
Understands simple pronouns (me, you,	my)		
Understands new words quickly			
Identifies 3-5 body parts when named			
•••••			

	Yes	No
Communication - By 24 Months		
Uses gestures and words during pretend play		
Begins to use 2 word phrases		
Uses simple pronouns (me, you, my)		
Understands action words		
Follow 2-step related directions, e.g. "Pick up your coat and bring it to me."		
Enjoys listening to stories		

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### 2-3 Years Milestones Checklist



All our milestones are supported by American Academy of Pediatrics findings. Use this checklist to track your child's development. If you notice your child isn't meeting any of their milestones, bring this checklist to your healthcare provider to discuss your observations and concerns.

his is a Milestone checklist for:			
	/ /	/	/
Child's Name	Date of Birth	Today's Date	
		Yes	No
Communication - By	30 Months		
Consistently uses 2-3 word phrases	<del></del>		
Uses "in" and "on"			
At least 50% of speech is understood b	y caregiver		
Follow 2-step unrelated directions, e.g. "give me the ball and go get your c	oat"		
Understands basic nouns and pronour	าร		
Understands "mine" and "yours"			

	Yes	No
Communication - By 36 Months		
Ask "what" and "where" questions		
Uses plurals, e.g. "dogs"		
Most speech is understood by caregiver		
Understands most simple sentences		
Simple understanding of concepts including color, space, time		
Understands "why" questions		