Your Child’s Developmental Milestones: BIRTH TO 2
A Resource Document

Babies learn and grow at their own pace however, developmental milestones show what most children (75%) can do by each age. You know your child best! If you have concerns about your child’s development, talk to your child’s doctor about a developmental screening. This is not an exhaustive list. Download CDC’s free Milestone Tracker app (https://www.cdc.gov/ncbddd/actearly/milestones-app.html) to see more milestones and learn about ways you can support your little one’s growth and development.

<table>
<thead>
<tr>
<th>4 Months</th>
<th>6 Months</th>
<th>9 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Social Emotional</strong></td>
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</tr>
<tr>
<td>□ Smiles on own to get your attention</td>
<td>□ Knows familiar people</td>
<td>□ Shy, clingy, or afraid of strangers</td>
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<tr>
<td>□ Chuckles when try to make laugh</td>
<td>□ Likes to look at self in mirror</td>
<td>□ Looks when you call their name</td>
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<tr>
<td>□ Tries to get your attention</td>
<td>□ Laughs</td>
<td>□ Looks, reaches for, or cries when you leave</td>
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<tr>
<td><strong>Language &amp; Communication</strong></td>
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<tr>
<td>□ Makes cooing noises</td>
<td>□ Takes turns making sounds</td>
<td>□ Makes lots of different sounds</td>
</tr>
<tr>
<td>□ Copies sounds back when you talk to them</td>
<td>□ Sticks tongue out and blows (“raspberries”)</td>
<td>□ Lifts arms up to be picked up</td>
</tr>
<tr>
<td>□ Turns head towards your voice</td>
<td>□ Makes squealing noises</td>
<td></td>
</tr>
<tr>
<td><strong>Cognitive (Learning, thinking, problem solving)</strong></td>
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</tr>
<tr>
<td>□ When hungry, opens mouth when sees breast or bottle</td>
<td>□ Puts things in her mouth to explore them</td>
<td>□ Looks for things when dropped out of sight like a spoon or toy</td>
</tr>
<tr>
<td>□ Looks at their hands with interest</td>
<td>□ Reaches to get things out of reach</td>
<td>□ Bangs things together</td>
</tr>
<tr>
<td><strong>Physical</strong></td>
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<td><strong>Physical</strong></td>
</tr>
<tr>
<td>□ Holds head steady without support</td>
<td>□ Rolls from tummy to back</td>
<td>□ Can get into sitting position</td>
</tr>
<tr>
<td>□ Can hold a toy</td>
<td>□ Pushes up with arms when on tummy</td>
<td>□ Sits without support</td>
</tr>
<tr>
<td>□ Brings hands to mouth</td>
<td>□ Leans on hand to support self when sitting</td>
<td>□ Moves things from one hand to other</td>
</tr>
<tr>
<td>□ Pushes up onto elbows when on tummy</td>
<td></td>
<td>□ Uses fingers to “rake” food</td>
</tr>
</tbody>
</table>

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### Your Child’s Developmental Milestones: BIRTH TO 2
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#### 12 Months

**Social Emotional**
- Plays games with you like pat-a-cake

**Language & Communication**
- Waves “bye-bye”
- Says “mama” and “dada” (or another special name)
- Pauses or stops when you say “no”

**Cognitive (Learning, thinking, problem solving)**
- Puts things in and out of container
- Looks for things when you hide it, like a toy under a blanket

**Physical**
- Pulls up to stand
- Walks holding on to furniture
- Drinks from a cup without a lid as you hold it
- Picks things up between thumb and pointer finger (pincer grasp)

#### 18 Months

**Social Emotional**
- Moves away from you but looks to make sure you are close by
- Points to show you something
- Pushes arm through sleeve or lifts foot to help you dress them

**Language & Communication**
- Tries to say 3 or more words besides “mama” or “dada”
- Follows one-step directions like giving you a toy when you ask for it

**Cognitive (Learning, thinking, problem solving)**
- Copies you doing chores like sweeping
- Plays with toys in a simple way like pushing a toy car

**Physical**
- Walks without help
- Climbs on and off a couch or chair without help
- Drinks from a cup without a lid though may spill
- Tries to use a spoon
- Scribbles

#### 24 Months

**Social Emotional**
- Notices when others are hurt or upset
- Looks at your face to see how to react in a new situation

**Language & Communication**
- Points to things in a book when you ask
- Says at least 2 words together like “more milk”
- Uses more gestures like blowing a kiss or nodding yes

**Cognitive (Learning, thinking, problem solving)**
- Tries to use switches, knobs, or buttons
- Plays with more than one toy at a time like putting toy food on a plate

**Physical**
- Kicks a ball
- Runs
- Walks up and downstairs holding on
- Eats with a spoon

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The contents of this document were excerpted from the Center for Disease Control (CDC’s) Learn the Signs. Act Early. Developmental Milestones checklists and are not a substitute for developmental screening tools.

*Milestones were updated in February 2022 and reflect what 75% of children can do by each age; the previous milestone checklists showed what 50% of children could do by each age.*