

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.

4 Months



Social Emotional

- Smiles on own to get your attention
- Chuckles when try to make laugh
- Tries to get your attention

Language & Communication

- Makes cooing noises
- Copies sounds back when you talk to them
- Turns head towards your voice

Cognitive (Learning, thinking, problem solving)

- When hungry, opens mouth when sees breast or bottle
- Looks at their hands with interest

Physical

- Holds head steady without support
- Can hold a toy
- Brings hands to mouth
- Pushes up onto elbows when on tummy

6 Months



Social Emotional

- Knows familiar people
- Likes to look at self in mirror
- Laughs

Language & Communication

- Takes turns making sounds
- Sticks tongue out and blows ("raspberries")
- Makes squealing noises

Cognitive (Learning, thinking, problem solving)

- Puts things in her mouth to explore them
- Reaches to get things out of reach
- Closes lips to show when doesn't want more food

Physical

- Rolls from tummy to back
- Pushes up with arms when on tummy
- Leans on hand to support self when sitting

9 Months



Social Emotional

- Shy, clingy, or afraid of strangers
- Looks when you call their name
- Looks, reaches for, or cries when you leave

Language & Communication

- Makes lots of different sounds
- Lifts arms up to be picked up

Cognitive (Learning, thinking, problem solving)

- Looks for things when dropped out of sight like a spoon or toy
- Bangs things together

Physical

- Can get into sitting position
- Sits without support
- Moves things from one hand to other
- Uses fingers to "rake" food



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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”

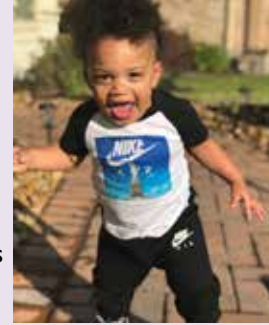
Cognitive (Learning, thinking, problem solving)

- 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 back 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

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.*

