

AGE	PHYSICAL MILESTONES	COGNITIVE MILESTONES	SOCIAL/EMOTIONAL MILESTONES	LANGUAGE MILESTONES
<b>0 to 6 MONTHS</b>	<ul style="list-style-type: none"> <li>Rolls over in both directions (stomach to back and vice versa)</li> <li>Begins to sit without support</li> <li>Rocks back and forth</li> <li>Holds head steady without support</li> <li>Can hold a toy and shake it</li> <li>Swings at dangling toys</li> <li>Brings hands to mouth</li> <li>Pushes up to elbows when lying on stomach</li> </ul>	<ul style="list-style-type: none"> <li>Watches faces closely</li> <li>Looks at things nearby</li> <li>Brings things to mouth</li> <li>Follows moving objects/people with eyes from side to side</li> <li>Uses hands and eyes together (e.g. reaching for toy)</li> <li>Tries to get things out of reach</li> <li>Begins to pass things from one hand to the other</li> </ul>	<ul style="list-style-type: none"> <li>Coos</li> <li>Smiles at people</li> <li>Knows familiar faces</li> <li>Likes to play with others, especially parents</li> <li>Copies facial movements like smiling and frowning</li> <li>Likes to look at self in mirror</li> <li>With support from caretaker, comforts self, usually by sucking a pacifier</li> </ul>	<ul style="list-style-type: none"> <li>Responds to sounds by making sounds</li> <li>Babbles, stringing vowel sounds</li> <li>Cries in different way to signal hunger, pain, being tired</li> <li>Responds to own name</li> <li>Makes sounds to show joy and displeasure</li> <li>Begins to say consonant sounds</li> </ul>
<b>6 to 12 MONTHS</b>	<ul style="list-style-type: none"> <li>Crawls</li> <li>Gets to sitting position without help</li> <li>Pulls to stand and walks holding on to furniture</li> <li>May take a few steps without holding on</li> <li>May walk</li> <li>May stand alone</li> <li>Can make marks on paper with crayons</li> <li>Crawls up stairs</li> <li>Feeds self with fingers</li> <li>Picks up things like cereal “o”s between thumb and index finger</li> <li>Moves items smoothly between hands</li> </ul>	<ul style="list-style-type: none"> <li>Looks right at known objects when named</li> <li>Copies gestures</li> <li>Finds hidden things easily</li> <li>Explores in different ways (e.g. shaking, banging, throwing)</li> <li>Starts to use things correctly (drinks from cup, brushes hair)</li> <li>Puts things in and takes things out of containers</li> <li>Points and pokes with index finger</li> <li>Follows simple directions (bring me your shoes)</li> </ul>	<ul style="list-style-type: none"> <li>May be shy or nervous around strangers</li> <li>Cries when mom or dad leaves</li> <li>Has favorite things and people</li> <li>Hands you a book when wanting to hear a story</li> <li>Repeats sounds or actions to get attention</li> <li>Puts out arms or legs to help with dressing</li> <li>Plays games like peek-a-boo and pat-a-cake</li> <li>With support from caretaker, can sooth and regulate feelings with new objects, favorite books, singing</li> </ul>	<ul style="list-style-type: none"> <li>Understands “no”</li> <li>Responds to own name</li> <li>Listens when spoken to</li> <li>Uses simple gestures like shaking head no or waving goodbye</li> <li>Makes sounds with changes in tone (sounds more like speech than babble)</li> <li>Tries to say the words you say</li> <li>First words usually around 12 months</li> <li>Can sign simple words, like drink or hungry</li> </ul>
<b>1 to 2 YEARS</b>	<ul style="list-style-type: none"> <li>Might use one hand more than the other</li> <li>Walks alone</li> <li>Drinks from a cup</li> <li>Eats with a spoon</li> <li>Stands on tiptoe</li> <li>May walk up steps</li> <li>Kicks and throws a ball</li> <li>Begins to run</li> <li>Turns pages of a book one at a time</li> <li>Unzips zipper</li> <li>Able to turn door knob</li> </ul>	<ul style="list-style-type: none"> <li>Finds things deeply hidden (under 2-3 layers)</li> <li>Begins to sort shapes and colors</li> <li>Completes sentences and rhymes in familiar books</li> <li>Plays simple make believe games</li> <li>Builds towers with 4 or more blocks</li> <li>Follows two-step instructions (pick up your shoes and put them in the closet)</li> <li>Knows what ordinary things are (e.g. telephone)</li> </ul>	<ul style="list-style-type: none"> <li>Copies others, especially adults or older children</li> <li>Gets excited when with other children</li> <li>Shows more independence and preferences</li> <li>Shows misbehavior (doing what has been told not to do)</li> <li>Plays mostly beside other children but is beginning to include other children (e.g. chasing games)</li> <li>May have temper tantrums but begins to modulate emotions with parents’ help</li> <li>Plays simple pretend, such as feeding a doll</li> <li>May cling to parent/caregiver in new situations</li> <li>Explores alone but with parent close by</li> <li>May be unable to distinguish real from make believe, which can impact sleep</li> </ul>	<ul style="list-style-type: none"> <li>Points to things to show what is wanted</li> <li>Knows names of familiar people</li> <li>Says sentences with 2 to 4 words</li> <li>Repeats words overheard in conversation</li> <li>Points to and names things in books</li> <li>Begins using pronouns (“I” “me” “you”) and possessives (“mine” “my”)</li> <li>Tests parental limits when confronted with “no”</li> <li>Can participate in simple conversations with others</li> </ul>
<b>3 to 5 YEARS</b>	<ul style="list-style-type: none"> <li>Screws and unscrews jar lids and uses door handles</li> <li>Uses scissors</li> <li>Stands on one foot for 10 seconds or longer</li> <li>Hops; may be able to skip</li> <li>Can do somersault</li> <li>Uses fork and spoon; may sometimes use table knife</li> <li>Can use the toilet independently</li> <li>Swings and climbs</li> <li>Pedals a tricycle</li> <li>Walks up and down stairs one foot on each step</li> <li>Can button</li> <li>Begins to show hand preference</li> <li>Walks backwards toe to heel</li> </ul>	<ul style="list-style-type: none"> <li>Sings a song or recites a poem from memory</li> <li>Tells stories</li> <li>Counts to 10 or more</li> <li>Can draw a person with at least six body parts</li> <li>Can print some letters and numbers</li> <li>Copies geometric shapes</li> <li>Knows colors</li> <li>Understands the idea of numbers and counting</li> <li>Starts to understand time</li> <li>Understands ideas of “same” and “different”</li> <li>Plays simple board or card games</li> <li>Does simple puzzles</li> <li>Knows names for familiar animals</li> <li>Can focus and attend to tasks of interest to them</li> </ul>	<ul style="list-style-type: none"> <li>Copies adults and friends</li> <li>Shows affection for friends without prompting</li> <li>Shows concern for a crying friend</li> <li>Takes turns in games</li> <li>Enjoys doing new things</li> <li>Plays “mom” and “dad”</li> <li>Understands “mine” “his” “hers”</li> <li>Wants to please and be like friends</li> <li>Is more creative at make believe play</li> <li>Cooperates with other children</li> <li>Talks about personal likes and interests</li> <li>Likes to sing, dance, act</li> <li>Is aware of gender</li> <li>Distinguishes between what is real and what is make believe</li> <li>A combination of sometimes demanding and sometimes cooperative behavior</li> <li>May get upset from major changes in routine</li> <li>Dresses and undresses self</li> <li>Shows a wide range of emotions</li> </ul>	<ul style="list-style-type: none"> <li>Speaks clearly</li> <li>Tells simple stories using full sentences</li> <li>Uses future tense (Grandma will be here)</li> <li>Says name and address</li> <li>Knows basic rules of grammar</li> <li>Correctly uses pronouns (“he” and “she”)</li> <li>Uses simple prepositions (“in”, “on” and “under”)</li> <li>Can participate in extended conversations with others</li> </ul>

AGE	PHYSICAL MILESTONES	COGNITIVE MILESTONES	SOCIAL/EMOTIONAL MILESTONES	LANGUAGE MILESTONES
<b>6 to 11 YEARS</b>	<ul style="list-style-type: none"> <li>• Climbs, skips, hops and gallops</li> <li>• Ties own shoes</li> <li>• Rides a bicycle</li> <li>• Skates</li> <li>• Hand dexterity increases</li> <li>• Agility and coordination improve</li> <li>• Likes to build things</li> <li>• Plays board games, cards, does puzzles</li> <li>• Can catch, bounce and throw small balls</li> <li>• Girls have a sudden growth spurt between 10 and 12</li> </ul>	<ul style="list-style-type: none"> <li>• Able to print letters; may learn cursive</li> <li>• Thinks in concrete terms</li> <li>• Able to read and write</li> <li>• Knows right from left</li> <li>• Begins logical thinking</li> <li>• Draws people, houses, trees</li> </ul>	<ul style="list-style-type: none"> <li>• Makes decisions easily</li> <li>• Curious about the function and use of objects</li> <li>• Privacy is important</li> <li>• Hero worship</li> <li>• Wants to be involved in clubs</li> <li>• Likes to have best friends</li> <li>• Develops a sense of right and wrong</li> <li>• Likes small group play</li> <li>• Increasingly defines self through peers</li> <li>• Developing and testing values and beliefs</li> <li>• Learning to use standards (e.g. grades, home runs)</li> </ul>	<ul style="list-style-type: none"> <li>• Uses a variety of sentence structures</li> <li>• Uses longer, more complex sentences</li> </ul>
<b>EARLY ADOLESCENTS 11 to 14 YEARS</b>	<ul style="list-style-type: none"> <li>• Onset of puberty</li> <li>• Growth spurt</li> <li>• Secondary sexual characteristics appear</li> <li>• Menarche (females)</li> </ul>	<ul style="list-style-type: none"> <li>• Concrete thought dominates “here and now”</li> <li>• Cause-effect relationships underdeveloped</li> </ul>	<ul style="list-style-type: none"> <li>• Preoccupation with rapid body changes</li> <li>• Sexual identity</li> <li>• Questioning independence</li> <li>• Intense friendships with same sex</li> <li>• Contact with opposite sex in groups</li> <li>• Involvement in extracurricular activities</li> <li>• Sensitivity to differences between home culture and culture of others</li> <li>• Wide mood swings</li> <li>• May be argumentative and disobedient</li> <li>• Daydreaming</li> <li>• Rule and limit-testing</li> <li>• Greater interest in privacy</li> <li>• Risk-taking behaviors increase</li> <li>• Learning to read social cues from strangers</li> </ul>	<ul style="list-style-type: none"> <li>• Delayed puberty</li> <li>• Acne</li> <li>• Aching bones and joints</li> <li>• School problems</li> <li>• Depression</li> <li>• Unintended pregnancy</li> <li>• Initiation of tobacco, alcohol or other drug use</li> <li>• Targeted for gang recruitment</li> </ul>
<b>MIDDLE ADOLESCENTS 15 to 17 YEARS</b>	<ul style="list-style-type: none"> <li>• Ovulation (females)</li> <li>• Growth spurt (males)</li> </ul>	<ul style="list-style-type: none"> <li>• Growth in abstract thought</li> <li>• Cause-effect relationships better understood</li> <li>• Self-absorbed</li> <li>• Greater capacity for setting goals</li> <li>• Interest in moral reasoning</li> <li>• Thinking about the meaning of life</li> </ul>	<ul style="list-style-type: none"> <li>• Idealism</li> <li>• Sense of invincibility or narcissism</li> <li>• Sexual identity</li> <li>• Beginning emotional emancipation</li> <li>• Increased power of peer group</li> <li>• Increased interest in sexual relationships</li> <li>• Increase in risk-taking behavior</li> <li>• Possible cultural conflict between family values and values of peers &amp; broader culture</li> </ul>	<ul style="list-style-type: none"> <li>• Conflicts over parental control</li> <li>• Experimentation with health risk behaviors (e.g. sex, drinking, drug use, smoking)</li> <li>• Auto crashes</li> <li>• Unintended pregnancy</li> <li>• Acne</li> <li>• Overweight</li> <li>• Physical inactivity</li> <li>• Poor eating behaviors</li> <li>• Eating disorders</li> </ul>
<b>LATE ADOLESCENTS 18 to 21 YEARS</b>	<ul style="list-style-type: none"> <li>• Physical growth nearing completion</li> </ul>	<ul style="list-style-type: none"> <li>• Abstract thought</li> <li>• Future oriented – able to understand, plan and pursue long-range goals</li> <li>• May be philosophical and idealistic</li> <li>• Increased ability to delay gratification</li> </ul>	<ul style="list-style-type: none"> <li>• May exhibit more emotional independence</li> <li>• Capacity for empathy, intimacy and reciprocity in interpersonal relationships</li> <li>• Self-identity</li> <li>• Attainment of legal age for some issues (voting) but not others (drinking alcohol)</li> <li>• Transition out of home</li> <li>• Preparation for further education, career, marriage and parenting</li> <li>• May relate to individuals more than to peer group</li> </ul>	<ul style="list-style-type: none"> <li>• Eating disorders</li> <li>• Depression</li> <li>• Suicide</li> <li>• Auto crashes</li> <li>• Unintended pregnancy</li> <li>• Acne</li> <li>• Smoking, alcohol or drug dependence</li> <li>• Most likely age for kids to be involved in crime, often with peers or young adults</li> </ul>