



## Spokane County Community Services Developmental Disabilities Program

### Developmental Milestones Birth to Age Three

(adapted from DSHS publication 22-889, Please Ask, Babies Can't Wait)

#### **Vision**

- ❖ Make eye contact (look at your eyes)
- ❖ Follow a moving object with her eyes
- ❖ Walk or crawl without frequently bumping into things
- ❖ Look at people and things without covering one eye
- ❖ Hold objects at a normal distance (after age 6 months)
- ❖ Walk or crawl smoothly across shadows or areas that look different (carpet to tile)
- ❖ Look at people and things without eyes crossing or squinting (after 9 months)
- ❖ Have eyes that are clear, not red or watery

#### **Hearing**

- ❖ Show awareness of home noises (telephone, door knock, television)
- ❖ Use a voice that is not too loud or too soft
- ❖ Play with toys that make noise (rattles, bells)
- ❖ Imitate sounds (after 1 year)
- ❖ Use some word endings (s or ing) after age two
- ❖ Follow verbal directions
- ❖ Maintain a moderate volume on the television without difficulty
- ❖ Speak so most people can understand (if older than 2-1/2 years)

#### **Birth to 3 months**

- ❖ Lift his head and chest when on stomach
- ❖ Move her arms and legs easily
- ❖ Follow your movements by turning his head side to side
- ❖ Easily take a bottle or breast and suck well
- ❖ Startle or cry at sudden loud noises
- ❖ Look at you, watch your face
- ❖ Make gurgling or cooing sounds
- ❖ Smile in response to your smile or talk
- ❖ Quiet easily when comforted

## Developmental Milestones Birth to Age Three (continued)

### **3 to 6 months**

- ❖ Play with feet when on his back
- ❖ Lift her head and chest with her weight on hands when on her stomach
- ❖ Roll from stomach to back and back to stomach
- ❖ Play with his own hands by touching them together
- ❖ Reach for a toy
- ❖ Pick up a toy placed within reach
- ❖ Turn his head toward sounds
- ❖ Make lots of different sounds
- ❖ Laugh out loud
- ❖ Try to show likes and dislikes

### **6 to 12 months**

- ❖ Pull himself to stand with some help
- ❖ Sit without help while playing with toys
- ❖ Transfer objects from one hand to the other
- ❖ Feed herself finger food
- ❖ Imitate waving bye-bye
- ❖ Let you know his needs with motions and sounds
- ❖ Copy speech sounds (ba-ba, ga-ga)
- ❖ Take turns while playing with adult (actions, sounds or facial expressions)
- ❖ Let you know he understands a simple question (“Do you want more?”)
- ❖ Know parents from strangers

### **12 to 18 months**

- ❖ Walk alone
- ❖ Pick up small objects (raisin size)
- ❖ Put objects in and dump them from containers
- ❖ Put one object on top of another
- ❖ Feed himself with a spoon
- ❖ Hold and drink from a cup with some spilling
- ❖ Point to several things or pictures when named
- ❖ Say two or three different words in addition to ‘mama’ or ‘dada’
- ❖ Ask for things using words

## Developmental Milestones Birth to Age Three (continued)

### 18 months to 2 years

- ❖ Walk up and down stairs with his hand held
- ❖ Scribble
- ❖ Move her body in time to music
- ❖ Put tow words together ('more juice')
- ❖ Begin to ask questions ('juice?', "bye-bye")
- ❖ Feed himself a sandwich, taking bites
- ❖ Take off shoes and socks
- ❖ Look at a story book with pictures with an adult
- ❖ Make simple choices among toys (puzzle or trucks)
- ❖ Mimic another child's play (pouring, throwing a ball)

### 2 to 3 years

- ❖ Walk well, run, stop, step up, and squat down
- ❖ Stack more than two objects
- ❖ Use the spoon and cup all by herself
- ❖ Follow two-step directions ("Get the book and put it on the table")
- ❖ Name five to six body parts on himself
- ❖ Take part in a conversation
- ❖ Answer simple questions ("what do you want for lunch")
- ❖ Point to or name objects when told their use ("What do you drink with?")
- ❖ Help with simple tasks (picking up toys)
- ❖ Use 2-3 word sentences regularly ("want more")