

## NORMAL PEDIATRIC DEVELOPMENTAL MILESTONES

AGE	LANGUAGE	MOVEMENT	EATING	TOILETING	BATHING/DRESSING /GROOMING
birth	cries	kicks legs, thrashes arms			
1 mo	cries in a special way when hungry, responds to voices.	raises head and chest when lying on stomach			
2 mo	makes sounds – ah, eh, ugh, smiles	holds heads steady when held sitting	reacts to sight of bottle or breast		
3 mo		makes crawling movements	one hand on bottle while feeding		
4 mo	squeals, ah-goo, laughs	holds own hands together			
5 mo	makes ‘raspberry’ sound	rolls over stomach to back			
6 mo	babbles, responds to name	rolls over back to stomach			
7 mo	da, ba, ga, ka, ma	sits without support			
8 mo	ma-ma, da-da, ba-ba	crawls	feeds self cracker or cookie		
9 mo	imitates speech sounds you make	pulls self to standing	both hands to hold bottle		
10 mo	understands single words like bye-bye, nite-nite	sidesteps around furniture while holding on			
11 mo	uses mama and dada specifically for parent	stands alone well	picks up spoon by handle		
12 mo	says one word clearly	climbs up on chairs or other furniture, walks with one hand held	transition to ‘sippy cup’ and milk instead of formula		cooperates with dressing, removes socks, holds foot out for shoe, holds arm out for sleeve, pushes arms and legs through shirts and pants

**NORMAL PEDIATRIC DEVELOPMENTAL MILESTONES, continued**

<b>AGE</b>	<b>LANGUAGE</b>	<b>MOVEMENT</b>	<b>EATING</b>	<b>TOILETING</b>	<b>BATHING/DRESSING /GROOMING</b>
15 mo	says 2 words besides mama and dada., makes sounds in sequences that sound like sentences, points	walks without help, crawls up stairs	feeds self with a spoon		
18 mo	uses 5-10 words as names of things, follows a few simple instructions	runs stiffly	eats with a fork, drinks from cup using two hands		helps brush teeth
2 y	2-3 word sentences; beginning to understand rules of grammar – “runned”, “mouses”; receptive skills exceed expressive skills	runs well		may be ready for toilet training	removes unfastened coat, removes shoes if laces untied, finds armholes in shirt and helps push garment down
2 ½ y	Refers to self as “I” Knows full name	goes up stairs alternating feet			removes pull-down garment with elastic waist, tries to put on socks, puts on front-button type shirt, unbuttons one large button
3 y	300-500 word vocabulary; speech mostly understandable to strangers; may lisp; may stutter; may substitute w for r, d for th, and t for k	stands on one foot momentarily, rides tricycle	one handed cup holding, drinks from open cup without spilling	uses toilet often, needs help with wiping after bowel movement, stays dry during the day but occasionally wets bed at night	washes hands assisted, unbuttons clothing, buttons large front buttons, puts on shoes – may be wrong feet, does not tie; puts on and takes off t-shirt with assistance, zips and unzips without separating or inserting shank

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3 ½ y	combines sentences using 'and', 'or', or 'but'	hops on one foot without support, cuts across paper with small scissors			Washes face without help
4y	vocabulary 1500 words or more; speaks in 6-8 word sentences; may continue with lisp, stuttering, and sound substitutions as above	climbs well, hops on one foot	holds utensils like an adult, makes own bowl of cereal	toilets independently, night time bedwetting still common	brushes teeth with supervision only; washes hands unassisted; removes T shirt independently, uses buckles, zippers, and laes, knows front and back of clothing, puts on shoes with little assistance
4 ½ y	reads a few letters	skips, broad jumps			
5 y	speaks fluently; may lisp; may stutter; may substitute f for th and w for r , l, or y ; may mispronounce 3-4 syllable words	swings, pumps self prints first name		20% of five years old still have night-time bedwetting	dresses and undresses alone except some help with buttons/zippers/shoelaces , wants to bathe on their own but still needs assist washing body and hair
6y	can spell some simple words; may still mispronounce some 3-4 syllable words; may still substitute w for r and f for th; may still lisp; stutters only when emotional	somersaults	may start using knife to cut soft foods or spread butter	night time bedwetting still common, untreated until age 8	Buttons back buttons; ties shoes;
8y					selects clothes appropriate for weather