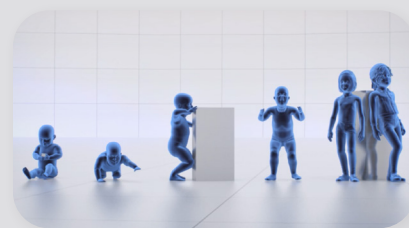


DEVELOPMENTAL MILESTONES

FROM BIRTH TO AGE 3



When it comes to a child's development, it's important to remember that every child is unique — and that each child's growth and learning rates may differ slightly from other kids the same age. However, if you notice a child is unable to perform many of the skills or actions that are characteristic of his other age group, you may want to consult with a healthcare professional. Early help can make a difference if your child has special needs.

KEY MILESTONES FOR THE FIRST TWELVE MONTHS

What to look for from birth to month 4:

- Weight: 10-18 pounds | Length: 23-27 inches
- Lifts head and chest when lying on stomach, follows a moving object or person with eye, rolls over – stomach to back, reacts to sounds, like a voice or rattle, plays with fingers, hands, and toes, babbles or makes cooing sounds, cries (with tears) to communicate pain, fear, or discomfort

What to look for in month 4 - 8:

- Weight: 14-23 pounds | Length: 25-30 inches
- First teeth begin to appear, rolls from back to stomach and stomach to back, can sit alone without support and holds head erect, focuses eyes on small objects and reaches for them, recognizes and looks for familiar voices and sounds, responds to others with squeals, laughs, babbling, smiles, likes to be tickled and touched, exhibits some level of stress at separation from parent

What to look for in month 8 - 12:

- Weight: 17-27 pounds | Length: 27-32 inches
- Needs at least 3 meals a day with snacks, continues to “explore” everything by mouth, crawls well, pulls him/herself up to standing position, walks holding onto furniture or with adult help, responds to name, says first word, likes and is interested in picture books, copies adult actions, like talking on phone, wants parent or caregiver to be in constant sight, shows fear or anxiety toward strangers



KEY MILESTONES FOR MONTHS 12 - 18

- Weight: 17-30 pounds | Length: 27-35 inches
- Crawls well, stands alone and sits down, gestures and/or points to indicate what he/she wants, walks without help, likes to carry small objects while walking, often one in each hand, can say up to 20 words you can understand, looks at person talking to him or her, understands and follows one-step simple directions, gets upset when separated from parent, plays alone on floor with toys

KEY MILESTONES AT TWO YEARS

- Weight: 22-38 pounds | Length: 32-40 inches
- Feeds him/herself with a spoon, has almost a full set of teeth, walks without assistance, stoops or squats, and can bend over without falling, walks up/down stairs by holding railing, knows and can say name, can follow simple 2-step directions, uses 2-4 word sentences, asks questions by pointing and using single word (e.g., “Doggie?”), easily frustrated and/or impatient, is affectionate and likes/wants lots of kisses and hugs



KEY MILESTONES AT THREE YEARS

- Weight: 25-44 pounds | Length: 34-43 inches
- Uses toilet with some help, puts on shoes, but can't tie laces, dresses self with some assistance, asks who, what, why, where questions, recognizes everyday sounds, identifies common colors, talks in short (3-5 words), but complete sentences, enjoys repeating words and sounds, likes helping out with easy tasks



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