

## BIRTH TO 3 MONTHS

- **Physical:** Lifts head while on tummy, moves arms and legs purposefully
- **Cognitive:** Follows moving objects with eyes, starts to recognize familiar faces
- **Language/Communication:** Makes cooing sounds, starts to smile at people
- **Social/Emotional:** Begins to develop a social smile, can briefly calm themselves (e.g., by sucking on hand)

## 4-6 MONTHS

- **Physical:** Rolls over, begins to sit with support, reaches for and grasps objects
- **Cognitive:** Recognizes familiar people and objects at a distance, shows curiosity about things and tries to get objects that are out of reach
- **Language/Communication:** Babbles with expression, laughs, and imitates sounds
- **Social/Emotional:** Responds to other people's emotions and often seems happy

## 7-9 MONTHS

- **Physical:** Rolls over, begins to sit with support, reaches for and grasps objects
- **Cognitive:** Recognizes familiar people and objects at a distance, shows curiosity about things and tries to get objects that are out of reach
- **Language/Communication:** Babbles with expression, laughs, and imitates sounds
- **Social/Emotional:** Responds to other people's emotions and often seems happy

## 3-4 YEARS

- **Physical:** Kicks a ball, starts to pedal a tricycle, walks up and down stairs holding on
- **Cognitive:** Begins to sort shapes and colors, completes sentences and rhymes in familiar books
- **Language/Communication:** Uses 2- to 4-word sentences, follows simple instructions, repeats words overheard in conversation
- **Social/Emotional:** Shows defiant behavior, plays mainly beside other children but begins to include other children (parallel play)

# CHILDHOOD DEVELOPMENTAL MILESTONES

## 1-2 YEARS

- **Physical:** Walks independently, starts to run, begins to climb
- **Cognitive:** Begins to use objects for their intended purpose, like a spoon to eat; recognizes names of familiar people, objects, and body parts
- **Language/Communication:** Says several single words by 15-18 months, combines two words by 2 years (e.g., "more juice")
- **Social/Emotional:** Shows more independence, plays simple pretend games (like feeding a doll)

## 10-12 MONTHS

- **Physical:** Pulls to stand, cruises along furniture, may take a few steps without holding on
- **Cognitive:** Explores objects in many ways (shaking, banging, throwing), uses objects correctly (e.g., drinks from a cup, brushes hair)
- **Language/Communication:** Says "mama" and "dada" and exclamations like "uh-oh!", tries to imitate words
- **Social/Emotional:** Has favorite things and people, shows fear in some situations

*This one-pager is intended for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. The signs listed here are common indicators of developmental milestones but do not provide definitive diagnoses. Each child is unique and development can present differently in each individual. If you have concerns about your child's development, please consult a qualified healthcare professional for a comprehensive evaluation and personalized guidance.*