



# DEVELOPMENTAL MILESTONES

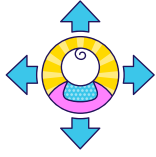


Developmental Milestones: skills that most children (75% of children) can do by a certain age



## MOTOR

0-12  
MONTHS

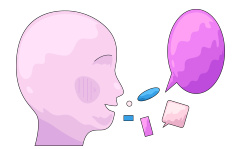


- Begin purposeful movements by **4 months**
- Army crawl by **7 months**
- Roll in both directions by **9 months**
- Eat baby food by **6 months**; Explore food with hands & fingers by **7-9 months**
- Pull to stand and walk along furniture by **12 months**
- Pick up items between thumb and pointer finger by **12 months**



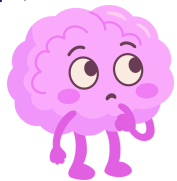
- Coos, ahh babbles by **4 months**
- May make ma, da, or ba sounds by **6-9 months**

- Begin to wave goodbye, can understand 'no' by **6-9 months**
- May reach out to be held, hug, or kiss by **12 months**
- May engage in simple pretend activities like drinking from a toy cup by **12 months**



## LANGUAGE & SOCIAL

0-12  
MONTHS



## COGNITION

0-12  
MONTHS



- Follow things with their eyes & see black and white by **4 months**
- Begin using hands & eyes together by **6 months**
- May respond to their name by **9 months**
- May respond to simple commands by **6-9 months**
- Put items in a container and look for hidden items by **12 months**

## INDEPENDENCE & SELF-CARE

### Expectations:

- Independent play: shake a rattle, place items in a container, & manipulate small toys starting at **6 months**
- Can hold their own bottle, attempt to use a spoon, and feed themselves finger foods by **12 months**

### Strategies:

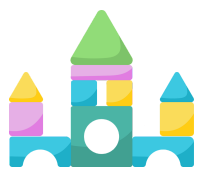
- Skin to skin contact
- Talk, sing, & read to the child daily
- Tummy time - **at least 30 minutes per day**



# DEVELOPMENTAL MILESTONES

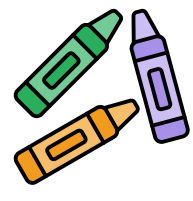


Developmental Milestones: skills that most children (75% of children) can do by a certain age



## MOTOR

12-18 MONTHS



- Walks alone, walks backward, & may begin to run
- Can creep down the stairs and crawl up on stairs
- Stand by themselves & squat to pick up a toy
- Can carry large toys or pull toys behind them
- Stack a tower of 2-3 blocks
- Scribble with a crayon or put shapes into puzzles
- Use thumb & index finger to pick up small objects



Bye Bye

- Responds to simple commands
- Use simple gestures, such as a wave, head shake, or blowing a kiss

- Tries to copy words
- May have a vocabulary of 10-50 words by 18 months
- Points to pictures in books
- May begin to experience temper tantrums



## LANGUAGE & SOCIAL

12-18 MONTHS



## COGNITION

12-18 MONTHS



- Recognize themselves in the mirror
- Point to their own body parts
- Imitate actions such as brushing a doll's hair or holding a phone to their ear
- Can put things in and take things out of a container
- May scribble with a crayon
- Begin to show more interest in dolls or pets

## INDEPENDENCE & SELF-CARE

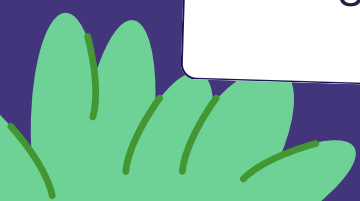
### Expectations:

- Feed themselves with their fingers or with a spoon - it is ok if it is messy!!
- Drink from an open cup
- Remove their own socks
- Play solo for 5-10 mins



### Strategies:

- Name objects to help increase language
- Use play-based learning with blocks or pretend play





# DEVELOPMENTAL MILESTONES

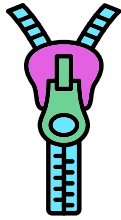


Developmental Milestones: skills that most children (75% of children) can do by a certain age

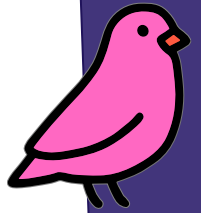


## MOTOR

24-27 MONTHS



- Stand on tiptoes, kick a ball, & begin to run
- Climb off furniture without assistance
- Alternate feet while climbing stairs
- Copy a straight line or string beads on a string
- Likes push and pull toys
- May begin to unbutton and unzip their clothes



- Knows the names of familiar people and items
- Can say 2-4 word sentences

- Have a vocabulary of 50-200 words
- Uses “I,” “me,” or “mine”
- May show defiant behavior and have trouble expressing feelings
- May have trouble sharing & begin to demand their own way



## LANGUAGE & SOCIAL

24-27 MONTHS



## COGNITION

24-27 MONTHS



- May finish familiar rhymes or songs
- May name some items in a book
- Can follow 2 step directions
- May solve simple problems
- Might laugh at silly or unusual things

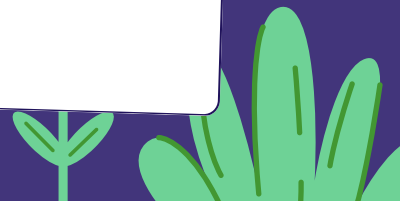
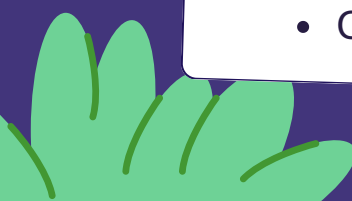
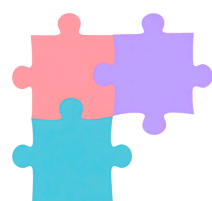
## INDEPENDENCE & SELF-CARE

### Expectations:

- Help clean up their toys and environment
- Take off clothes & put dirty clothes in laundry bin
- Attempt to brush their teeth
- Engage in simple puzzles or pretend play

### Strategies:

- Continue to name objects to increase language skills
- Offer 1-3 positive choices to allow autonomy



# DEVELOPMENTAL MILESTONES

Developmental Milestones: skills that most children (75% of children) can do by a certain age

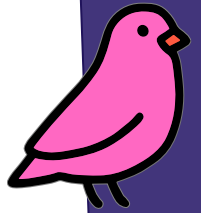


## MOTOR

30-36 MONTHS



- Walk up and down the stairs
- Able to run and come to a stop
- Kick and throw a ball
- May begin to catch a ball
- Will build block towers
- Copy a circle
- Help with chores, brush their teeth, get a snack from the pantry
- Set the table, wipe up spills, & dress self except buttons

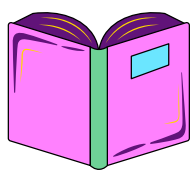


- Ask "what," "where," and "why" questions
- Answer yes/no questions correctly
- Can name most familiar things or friends
- Talks in conversations with up to 3 sentences
- Begins to share and engage in turn-taking



## LANGUAGE & SOCIAL

30-36 MONTHS



## COGNITION

30-36 MONTHS



- Increased attention span
- Begin to understand the concept of "I"
- Can say first and last name
- Know most body parts
- Engage in imaginary & pretend play
- Turn pages of a book or door handle

## INDEPENDENCE & SELF-CARE

### Expectations:

- Clean up independently
- Use a fork to eat
- Fully potty trained
- Engage in imaginative play for 5-10 mins

### Strategies:

- Continue to increase language through conversations - can ask questions about stories
- Name feelings out loud





# LATER CHILDHOOD

## MILESTONES & EXPECTATIONS

### AGE 4

#### Milestones:

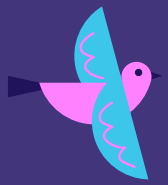
- Engage in pretend & role play
- Can say ≥ 4 word sentences
- Draw a person with 3 or more body parts

#### Expectations:

- Can dress themselves (may struggle with buttons & zippers)
- Put on their own shoes (but not tie the laces)
- Set the table
- Help make their bed
- Brush their teeth

#### Strategies:

- Engage in turn-taking and sharing activities
- Model how to label your emotions and feelings



### AGE 5

#### Milestones:

- Follow rules & engage in turn-taking
- Answer questions about a story or book
- Count to 10, write some letters in their name
- Button some buttons

#### Expectations:

- Dress themselves including fasteners
- Wash/dry hair in the bath
- Pour a drink from a small pitcher
- Assist with pet care

#### Strategies:

- Encourage pretend play
- Read stories & ask questions to the child
- Allow them to engage in simple problem-solving to build autonomy and self-sufficiency



### AGE 6-12

#### Expectations:

**6-7:** Independently dress, groom, and bathe; tie their shoes; make their own bed; organize school supplies

**8-9:** Pack their own lunch, load & unload dishwasher, sweep floor, show interest in hobbies

**10-12:** Cook simple meals, clean bathroom, vacuum, budget for small purchases

#### Strategies:

- Develop homework routine
- Encourage hobbies & activities of interest
- Encourage chores/responsibilities at home
- Praise effort, not just the outcome!



# LATER CHILDHOOD MILESTONES & EXPECTATIONS

AGE 13-18

## Expectations:

**13-14:** wake up using an alarm; complete personal hygiene; pack lunch & backpack, babysit younger siblings; wash dishes

**15-16:** cook simple meals; help grocery shop; basic money management; yard work; learn to pump gas

**17-18:** manage personal bank account; do all their laundry; schedule appointments; maintain job

## Strategies:

- Allow open & non-judgmental communication
- Set clear boundaries & discuss them
- Help with goal setting for school & career
- Discuss influence of peer pressure & choices for safety

# CAREGIVER STRATEGIES

Below are caregiver strategies that can be used across various age groups.

## PAUSE & WAIT

### Pause & Wait Technique

#### How to Implement:

- Ask the child a question, then wait for 5-10 seconds
- Fight the urge to jump in / interrupt
- Allow child to express and initiate thought
- Why?: encourages confidence & can be helpful for late talkers, those with processing delays, or challenges with expressive language



(Childress, 2013; Kent State University, n.d.)

## PURPOSEFUL MISTAKES

### Purposeful Mistakes

#### How to Implement:

- Complete a task slightly wrong and wait to see if the child notices
- If they do not notice, ask "wait, was that right?"
- Example: place a shoe on the wrong foot, say the wrong color, etc.
- Why?: helps increase their attention, builds confidence by correcting an adult, & encourages reasoning



(Craig, 2021)



Kinship  
Caregivers  
Connect

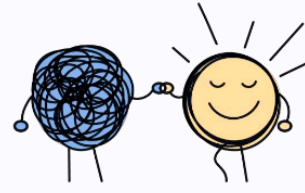


# CAREGIVER STRATEGIES



## EMOTION COACHING

### Emotion Coaching



#### How to Implement:

- Practice labeling emotions as you feel them, not after the breakdown
- Encourage child to model
- Example: “Your hands are in fists right now, I think you might be frustrated and overwhelmed”
- Why?: helps build awareness of emotions & the body’s reaction

(Lisitsa, 2012; Parenting Counts, n.d.)

## DAILY SPECIAL TIME

### Daily Special Time to Build Attachment

#### How to Implement:

- Allot 5-10 minutes each day,
  - Child chooses 1 activity, no phones
  - Caregiver must follow child’s lead without corrections or teaching
- Why?: Strengthens kinship caregiver & child attachment; allows for judgement free zone and encourages behavior regulation



(Harlan & Thomad, 2022; Nasamran, 2024)

## FUTURE PREVIEWING

### Future Previewing



#### How to Implement:

- Especially helpful for anxiety or resistance to transitions
- Before transitioning between activities, explain what’s to come
- Example: “In 5 mins, we are putting our toys away and starting our night routine.”
- Why?: helps support predictability & emotional regulation, reduces anxiety or unexpectedness

(EIEI, 2025; O’Rourke, 2021)

## PARALLEL PLAY

### Parallel Play – Especially with Older Kids

#### How to Implement:

- Sit near the child and complete your own activity or chore
- Example: laundry, reading a book, craft project, managing bills
- Do not pressure the child to talk to you
- Why?: begins to build connection without the pressure attached, helpful for those who resist direct interaction with caregiver



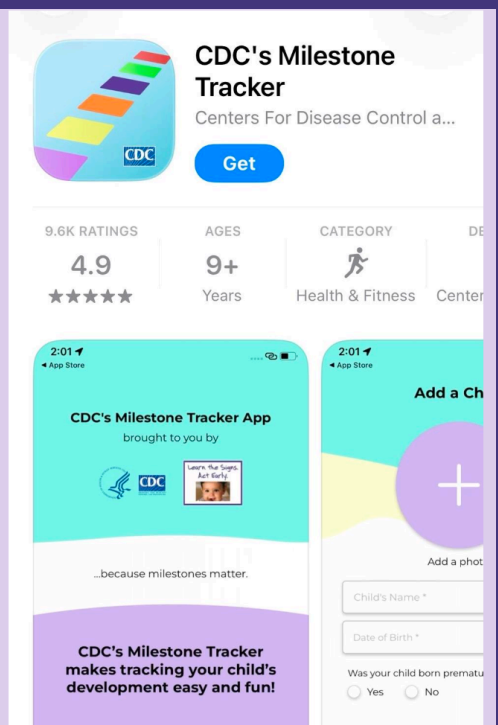
(Berger, 2024; Brightwheel, 2025)



# Download the CDC Milestone Tracker App

## CDC Milestone Tracker App

- Track milestones from 2 mos. – 5 years
- Illustrated checklists, photos, videos
- Tips from CDC to encourage development
- What to do if there is a concern
- Milestone summary PDF for your child
- Keep track of appointments with reminders



- Track milestones from age 2 months to 5 years
- App includes photos, videos, & illustrated checklists
- Checklists adjust for corrected age if born prematurely
- Keep track of appointments in the apps with reminders
- Download PDF reports

## Concerns About Development?

### 1. **Make an appointment with the child's doctor**

- Talk about your concerns for the child's development

### 2. **Maintain a milestone checklist**

- Use a milestone tracker app (like the one listed above)
- Use a paper checklist
- Write down any questions & concerns

### 3. **During the appointment:**

- Show the checklist to the doctor
- Ask for a developmental screening if appropriate
- Discuss if the child needs further evaluation

### 4. **Collaborate on next steps**

- Check your notes and questions
- Ask for clarification
- Contact the office with any follow up questions

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