



Understanding Developmental Milestones

What are Milestones?

Skills that are expected by certain ages in how children play, think, problem solve, move, speak, and relate to others.

Milestones are important to:

- Know what to expect when, and how to help your child reach their full potential.
- Better understand how your child is growing.
- Identify potential concerns early – the earlier a concern is identified, the greater the potential for making a positive change.



The goal isn't to reach milestones as fast as possible. The goal is to understand your child's own unique course of development and support him/her along the way.

How to use Milestones

- Each child develops at his/her own pace. Your child may reach a milestone a bit before or after target age.
- Milestones give you a sense of what *most* children can do by specific ages.
- Try not to compare/compete with other children.
- Check in with your child's doctor at every visit. Bring up any concerns and questions, even minor ones.

Talk, play, read, sing with your child every day. Your relationship with your child is the most important factor for their healthy development.



Cognoa can help!

Use Cognoa to assess, track, and support your child's unique developmental growth.

- ✓ Create a Cognoa account at [cognoa.com/partner/SAP](https://www.cognoa.com/partner/SAP)
- ✓ Download **Cognoa Child Development** app from the app store on your phone
- ✓ Take assessment, review recommendations

Developmental Milestones - First 5 Years



Social/Emotional



Cognitive



Language








Gross Motor








Fine Motor






Key Milestones by 1 Year

-  Shows preference for familiar caregivers, and shows wide range of feelings and shares feelings with others
-  Searches for things he/she sees you hide, follows simple directions
-  Uses many gestures, points, says a few single words
-  Crawls, pulls self to stand, and walks with support
-  Picks up small items using thumb and finger, uses both hands






Key Milestones by 1½ Years

-  Plays simple pretend, shows affection and concern
-  Copies others, knows what familiar things are for
-  Uses at least 20 words
-  Walks well, can pull a toy while walking and can walk up stairs
-  Eats with a spoon, scribbles






Key Milestones by 2 Years

-  Interested in other children, and names and understands words for basic emotions
-  Follows 2-step directions
-  Uses 2 word phrases
-  Walks up and down stairs, runs, climbs
-  Draws circles and lines






Key Milestones by 3 Years

-  Can take turns and share (sometimes), full range of emotions, including pride, shame, guilt, embarrassment
-  Lots of pretend and make-believe play
-  Uses several full sentences and most speech can be understood
-  Pedals trike, runs and climbs well
-  Turns door handles, screws/unscrews jar lids, puzzles

Key Milestones by 4 Years

-  Enjoys other children and cooperates in play (sometimes), expresses likes and dislikes
-  Understands "same" and "different," can count, follows 3-step directions
-  Uses "me" and "you" correctly, tells stories
-  Jumps, can balance on one foot (2 seconds)
-  Uses scissors, can write a few letters, pours and uses utensils

Key Milestones by 5 Years

-  Wants to please and be like friends, can play in groups, shows greater independence
-  Can focus on one activity for 5-15 minutes, can distinguish make-believe from real-life
-  Speaks clearly with mostly correct grammar, uses future tense
-  Hops, somersaults, swings, climbs, skips
-  Can brush teeth, eat with utensils well, use toilet, dress and undress independently