Every child is unique. No two children develop, grow and learn at exactly the same pace. And yet children develop in predictable ways. The milestones indicated here are just some of the indicators that a child is developing typically. Take notes as your little one learns. Babies and toddlers are growing, learning and changing all the time. It’s fun to watch!

We suggest you keep track of the new things they do and the milestones they reach. If you are concerned about your child’s growth, development or learning, we encourage you to contact us at HelpMeGrowMN.org or 1-866-693-4769.

**Track These Milestones**

<table>
<thead>
<tr>
<th>Newborn</th>
<th>3 Months</th>
<th>6 Months</th>
<th>9 Months</th>
<th>12 Months</th>
<th>18 Months</th>
<th>2 Years</th>
<th>3 Years</th>
<th>4 Years</th>
<th>5 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Follows movement by turning head</td>
<td>Sits well without support</td>
<td>Rolls over in both directions</td>
<td>Walks alone; begins to run</td>
<td>Climbs and runs well</td>
<td>Hops; may be able to skip</td>
<td>Jumps on one foot</td>
<td>Jumps on two feet</td>
<td>Jumps on three feet</td>
<td>Jumps on four feet</td>
</tr>
<tr>
<td>Lifts head and chest when lying on stomach</td>
<td>Creeps or crawls</td>
<td>Begins to sit with a little help</td>
<td>Pulls to stand, walks holding onto furniture</td>
<td>Builds with blocks; a tower of 6 blocks</td>
<td>Jumps on four feet</td>
<td>Jumps on five feet</td>
<td>Jumps on six feet</td>
<td>Jumps on seven feet</td>
<td>Jumps on eight feet</td>
</tr>
<tr>
<td>Stares at loud noises</td>
<td>Makes sounds like “dada,” “mama,” “baba”</td>
<td>Rolls over in both directions</td>
<td>Uses simple gestures</td>
<td>Plays make-believe with dolls, animals and people</td>
<td>Plays simple games</td>
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</tr>
<tr>
<td>Coos, smiles</td>
<td>Shows feelings by smiling, crying, pointing</td>
<td>Rolls over in both directions</td>
<td>Points to 1 body part</td>
<td>Shows interest in other children</td>
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</tr>
</tbody>
</table>

**Congratulations!**

- Follows movement by turning head
- Lifts head and chest when lying on stomach
- Stares at loud noises
- Coos, smiles
- Takes notes to familiar voice or touch

**We recommend immediate referral: If your baby isn’t babbling, pointing and gesturing**

- Uses 2 or 3 words together
- Plays briefly beside other children

**Refer your toddler (at 16 months): If he or she isn’t saying single words like “mama”**

- Points to 1 body part
- Scribbles with a crayon or pencil
- Shows interest in other children

**We recommend immediate referral: If your toddler isn’t using 2-word phrases**

- Points to things or pictures in a book when named
- Uses 2 or 3 words together
- Plays briefly beside other children
- Builds towers of 4 or more blocks

**Refer a child for screening or evaluation at HelpMeGrowMN.org or by calling 1-866-693-4769.**