

Early Childhood Development

Milestones to age 5



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](https://www.HelpMeGrowMN.org) or **1-866-693-4769**.

Track These Milestones



Congratulations!

NEWBORN

- Follows movement by turning head
- Lifts head and chest when lying on stomach
- Moves arms and legs easily
- Startles at loud noises
- Cries, smiles, coos
- Quiets to familiar voice or touch

3 MONTHS



- Rolls over in both directions
- Begins to sit with a little help
- Coos, babbles, squeals, laughs
- Knows familiar faces and begins to know if someone is a stranger
- Uses hands and mouth to explore the world
- Transfers objects from hand to hand

6 MONTHS



- Sits well without support
- Creeps or crawls
- Holds 2 objects at the same time
- Responds to own name
- Makes sounds like "dada," "mama," "baba"
- Shows feelings by smiling, crying, pointing

9 MONTHS



- Pulls to stand, walks holding onto furniture
- Uses simple gestures, like shaking head "no" or waving "bye-bye"
- Says "mama" and "dada"
- Shows preference for certain people and toys
- Imitates gestures, sounds and actions
- Puts objects in and out of containers

12 MONTHS



>>We recommend immediate referral:
If your baby isn't babbling, pointing and gesturing

- Walks alone; begins to run
- Says three or more single words
- Tries new things with familiar adults nearby
- Points to 1 body part
- Scribbles with a crayon or pencil
- Shows interest in other children

>>Refer your toddler (at 16 months):
If he or she isn't saying single words like "mama"

18 MONTHS



- Kicks a ball forward
- Walks up and down stairs holding on
- 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

>>We recommend immediate referral:
If your toddler isn't using 2-word phrases

2 YEARS



- Climbs and runs well
- Builds with blocks; a tower of 6 blocks
- Uses 3-word sentences
- Shows concern and affection for others
- Plays make-believe with dolls, animals and people
- Does puzzles with 3 to 4 pieces

3 YEARS



- Hops; may be able to skip
- Speaks clearly in sentences of 5 or more words
- Counts 10 or more objects
- Draws a person with at least 6 body parts
- Wants to please friends & wants to be like friends

5 YEARS



- Catches a bounced ball most of the time
- Tells stories and recalls parts of stories
- Plays cooperatively with other children
- Copies simple shapes
- Understands the concept of "same" and "different"
- Follows instructions with 2 or 3 steps

4 YEARS



We recommend immediate referral: If your little one seems to be losing language skills or social skills

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Refer a child for screening or evaluation at [HelpMeGrowMN.org](https://www.HelpMeGrowMN.org) or by calling **1-866-693-4769**.