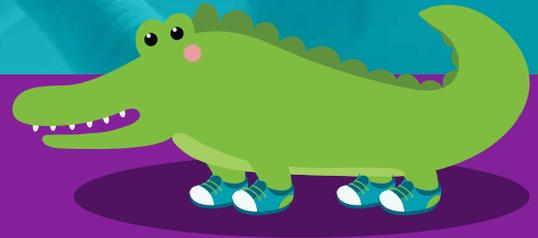


2 Months



At two months old, your baby is learning exciting new skills everyday.

grow baby grow!

What most babies do by this age

Social/Emotional Milestones

- Calms down when spoken to or picked up
- Looks at your face
- Seems happy to see you when you walk up to her
- Smiles when you talk to or smile at her

Language/Communication Milestones

- Makes sounds other than crying
- Reacts to loud sounds

Cognitive Milestones (learning, thinking, problem-solving)

- Watches you as you move
- Looks at a toy for several seconds

Movement/Physical Development Milestones

- Holds head up when on tummy
- Moves both arms and both legs
- Opens hands briefly



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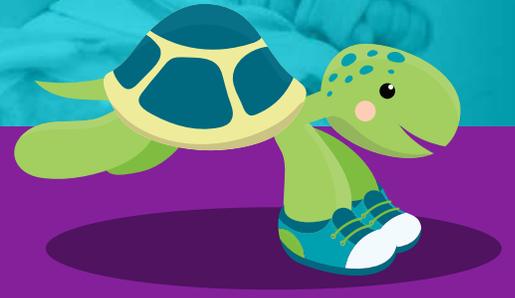
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Source: cdc.gov/ncbddd/actearly/milestones

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HEALTH

4 Months



Your baby is growing in leaps and bounds! At four months old, your baby may be smiling and becoming an expert at tummy time.

grow baby grow!

What most babies do by this age

Social/Emotional Milestones

- Smiles on his own to get your attention
- Chuckles (not yet a full laugh) when you try to make her laugh
- Looks at you, moves, or makes sounds to get or keep your attention

Language/Communication Milestones

- Makes sounds like “oooo,” “aahh” (cooing)
- Makes sounds back when you talk to him
- Turns head towards the sound of your voice

Cognitive Milestones

(learning, thinking, problem-solving)

- If hungry, opens mouth when she sees breast or bottle
- Looks at his hands with interest

Movement/Physical Development Milestones

- Holds head steady without support when you are holding her
- Holds a toy when you put it in his hand
- Uses her arm to swing at toys
- Brings hands to mouth
- Pushes up onto elbows/forearms when on tummy



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6 Months



Music to your ears! At six months old, your baby may be laughing and squealing.

grow baby grow!

What most babies do by this age

Social/Emotional Milestones

- Knows familiar people
- Likes to look at himself in a mirror
- Laughs

Language/Communication Milestones

- Takes turns making sounds with you
- Blows “raspberries” (sticks tongue out and blows)
- Makes squealing noises

Cognitive Milestones (learning, thinking, problem-solving)

- Puts things in her mouth to explore them
- Reaches to grab a toy he wants
- Closes lips to show she doesn’t want more food

Movement/Physical Development Milestones

- Rolls from tummy to back
- Pushes up with straight arms when on tummy
- Leans on hands to support himself when sitting



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HEALTH

9 Months



At nine months old, your baby's emotions are starting to shine.

General developmental screening is recommended for all children at this age by the American Academy of Pediatrics.

What most babies do by this age

grow baby grow!

Social/Emotional Milestones

- Is shy, clingy, or fearful around strangers
- Shows several facial expressions, like happy, sad, angry and surprised
- Looks when you call her name
- Reacts when you leave (looks, cries, reaches for you)
- Smiles or laughs when you play peek-a-boo

Language/Communication Milestones

- Makes different sounds like "mamamama" and "babababa"
- Lifts arms up to be picked up

Cognitive Milestones (learning, thinking, problem-solving)

- Looks for objects when dropped out of sight (like his spoon or toy)
- Bangs two things together

Movement/Physical Development Milestones

- Gets to a sitting position by herself
- Moves things from one hand to her other hand
- Uses fingers to "rake" food towards himself
- Sits without support



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12 Months



Happy birthday, baby! At 12 months, your baby may be playing pat-a-cake and pulling to stand.

grow baby grow!

What most babies do by this age

Social/Emotional Milestones

- ❑ Plays games with you, like pat-a-cake

Language/Communication Milestones

- ❑ Waves “bye-bye”
- ❑ Calls a parent “mama” or “dada” or another special name
- ❑ Understands “no” (pauses briefly or stops when you say it)

Cognitive Milestones (learning, thinking, problem-solving)

- ❑ Puts something in a container, like a block in a cup
- ❑ Looks for things he sees you hide, like a toy under a blanket

Movement/Physical Development Milestones

- ❑ Pulls up to stand
- ❑ Walks, holding on to furniture
- ❑ Drinks from a cup without a lid, as you hold it
- ❑ Picks things up between thumb and pointer finger, like small bits of food



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HEALTH

15 Months



Hugs, cuddles and kisses galore! At 15 months old, your toddler may be showing you (and her toys) lots of affection.

What most babies do by this age

grow baby grow!

Social/Emotional Milestones

- ❑ Copies other children while playing, like taking toys out of a container when another child does
- ❑ Shows you an object she likes
- ❑ Claps when excited
- ❑ Hugs stuffed doll or other toy
- ❑ Shows you affection (hugs, cuddles or kisses you)

Cognitive Milestones (learning, thinking, problem-solving)

- ❑ Tries to use things the right way, like a phone, cup or book
- ❑ Stacks at least two small objects, like blocks

Language/Communication Milestones

- ❑ Tries to say one or two words besides “mama” or “dada,” like “ba” for ball or “da” for dog
- ❑ Looks at a familiar object when you name it
- ❑ Follows directions given with both a gesture and words. For example, he gives you a toy when you hold out your hand and say “give me the toy”
- ❑ Points to ask for something or to get help

Movement/Physical Development Milestones

- ❑ Takes a few steps on his own
- ❑ Uses fingers to feed herself some food



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18 Months



Your toddler is 18 months old and becoming more physically independent.

General developmental screening is recommended for all children at this age by the American Academy of Pediatrics.

What most babies do by this age

grow baby grow!

Social/Emotional Milestones

- Moves away from you, but looks to make sure you are close by
- Points to show you something interesting
- Puts hands out for you to wash them
- Looks at a few pages in a book with you
- Helps you dress him by pushing arm through sleeve or lifting up foot

Language/Communication Milestones

- Tries to say three or more words besides "mama" or "dada"
- Follows one-step directions without any gestures, like giving you the toy when you say "give it to me"

Cognitive Milestones (learning, thinking, problem-solving)

- Copies you doing chores, like sweeping with a broom
- Plays with toys in a simple way, like pushing a toy car

Movement/Physical Development Milestones

- Walks without holding on to anyone or anything
- Scribbles
- Drinks from a cup without a lid and may spill sometimes
- Feeds herself with her fingers
- Tries to use a spoon
- Climbs on and off a couch or chair without help



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2 Years



Two years old! This year, he may be celebrating by running around and blowing kisses.

General developmental screening is recommended for all children at this age by the American Academy of Pediatrics.

What most babies do by this age

grow baby grow!

Social/Emotional Milestones

- Notices when others are hurt or upset, like pausing or looking sad when someone is crying
- Looks at your face to see how to react in a new situation

Language/Communication Milestones

- Points to things in a book when you ask, like “where is the bear?”
- Says at least two words together, like “more milk”
- Points to at least two body parts when you ask him to show you
- Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes

Cognitive Milestones (learning, thinking, problem-solving)

- Can hold something in one hand while using the other hand. For example, holding a container and taking the lid off
- Tries to use switches, knobs or buttons on a toy
- Plays with more than one toy at the same time, like putting toy food on a toy plate

Movement/Physical Development Milestones

- Kicks a ball
- Runs
- Walks (not climbs) up a few stairs with or without help
- Eats with a spoon



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30 Months



Your toddler is 30 months old and is mastering language and communication skills.

General developmental screening is recommended for all children at this age by the American Academy of Pediatrics.

What most babies do by this age

grow baby grow!

Social/Emotional Milestones

- ❑ Plays next to other children and sometimes plays with them
- ❑ Shows you what she can do by saying "look at me!"
- ❑ Follows simple routines when told, like helping to pick up toys when you say "it's clean-up time"

Cognitive Milestones (learning, thinking, problem-solving)

- ❑ Uses things to pretend, like feeding a block to a doll as if it were food
- ❑ Shows simple problem-solving skills, like standing on a small stool to reach something
- ❑ Follows two-step instructions like "put the toy down and close the door"
- ❑ Shows he knows at least one color, like pointing to a red crayon when you ask "which one is red?"

Language/Communication Milestones

- ❑ Says about 50 words
- ❑ Says two or more words, with one action word, like "doggie run"
- ❑ Names things in a book when you point and ask "what is this?"
- ❑ Says words like "I," "me" or "we"

Movement/Physical Development Milestones

- ❑ Uses hands to twist things, like turning doorknobs or unscrewing lids
- ❑ Takes some clothes off by himself, like loose pants or an open jacket
- ❑ Jumps off the ground with both feet
- ❑ Turns book pages, one at a time, when you read to her



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3 Years



It's your child's third birthday! Where has the time gone? At three years old, he may like to dress himself and ask lots of questions.

What most babies do by this age

grow baby grow!

Social/Emotional Milestones

- Calms down within 10 minutes after you leave her, like at a childcare drop off
- Notices other children and joins them to play

Language/Communication Milestones

- Talks with you in conversation using at least two back-and-forth exchanges
- Asks "who," "what," "where" or "why" questions, like "where is mommy/daddy?"
- Says what action is happening in a picture or book when asked, like "running," "eating" or "playing"
- Says first name when asked
- Talks well enough for others to understand, most of the time

Cognitive Milestones (learning, thinking, problem-solving)

- Draws a circle when you show him how
- Avoids touching hot objects, like a stove, when you warn her

Movement/Physical Development Milestones

- Strings items together, like large beads or macaroni
- Puts on some clothes by himself, like loose pants or a jacket
- Uses a fork



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