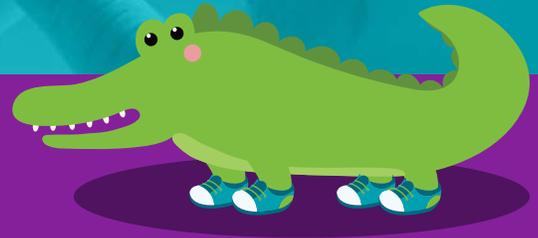


# 2 Months



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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# 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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# 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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# 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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