

Key Milestones to Look For



0–6 Months

- ☐ Brings hands to mouth
- ☐ Coos and makes sounds
- ☐ Follows objects with eyes
- ☐ Pushes up during tummy time
- ☐ Turns toward familiar voices, smiles at familiar faces



6–12 Months

- ☐ Babbles using many sounds
- ☐ Responds to their name
- ☐ Sits without support
- ☐ Uses gestures such as waving or pointing
- ☐ Rolls, scoots or stands with support



12–18 Months

- ☐ Says single words, follows simple directions
- ☐ Uses fingers or utensils to eat
- ☐ Explores toys in new ways
- ☐ Walks with or without help
- ☐ Points to show interest or communicate



18–24 Months

- ☐ Uses simple phrases
- ☐ Walks independently
- ☐ Begins pretend play
- ☐ Plays alongside other children
- ☐ Shows more independence



24–30 Months

- ☐ Uses 2- to 3-word phrases
- ☐ Jumps with both feet
- ☐ Shows concern for others
- ☐ Uses imagination in play
- ☐ Begins to sort by shape/color



30–36 Months

- ☐ Engages in simple conversation
- ☐ Asks questions (why, what)
- ☐ Creates simple make-believe stories
- ☐ Follows multi-step instructions and remembers familiar routines
- ☐ Runs, balances on one foot

Every child develops at their own pace.
Milestones provide a roadmap, not rigid expectations.

If you have questions or concerns, talk with your pediatrician.



ZERO to THREE
Early connections last a lifetime