

Developmental Milestones by Age

Key milestones from birth to 36 months

Area of Development	0-6 Months	6-12 Months	12-18 Months	18-24 Months	24-30 Months	30-36 Months
Social and Emotional	Makes eye contact, smiles and is soothed by caregivers	Shows attachment to caregivers	Shows caution around unfamiliar people	Shows more independence, experiences strong emotions	Expresses many emotions and enjoys helping	Takes turns, shows empathy and developing self-control
Language	Responds to sounds and communicates through cries and coos	Babbles with a variety of sounds, responds to caregivers	Says several simple words, follows simple directions, points at objects or people	Uses simple words and phrases, uses gestures or facial expressions to communicate	Combines two or three words, shows more understanding of words even if they can't say them	Uses sentences with three or more words, can hold short back and forth conversations
Cognitive	Tracks objects and recognizes familiar faces	Explores objects and looks for hidden items	Explores in new ways and shows preferences	Copies actions and begins pretend play, recognizes themselves in a mirror	Solves simple problems, engages in pretend and imaginative play	Sorts shapes and colors, uses memory and logic to solve problems
Movement	Lifts their head and reaches for objects	Sits, rolls, crawls or scoots, picks up small objects	Walking independently, begins to feed themselves	Runs, throws or kicks a ball, scribbles and self-feeds	Jumps, climbs and uses utensils and crayons	Jumps with both feet, builds towers and turns handles

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