

Communication & Language Milestones

The first five years of life are a period of incredible growth in all areas of a child's development. It's a time of tremendous brain development that is very important for communication development. Babies begin communicating by crying, and then in a few months start babbling and imitating sounds. So much of a young child's learning depends on having the ability to communicate with others, to begin to understand their world, to express their wishes and to ask those important questions about "why."



NEWBORN

- Communicates mainly by crying.
- Gives clues about being hungry by smacking lips and rooting.
- Yawns and arches back when overstimulated.



1 MONTH

- Makes cooing sounds.
- Cries to communicate.
- Smacks lips and roots when hungry.
- Yawns and arches back when overstimulated.



2 MONTHS

- Makes cooing sounds.
- Cries to communicate needs.
- Turns head toward sounds.

- Yawns and arches back when overstimulated.



3 MONTHS

- Makes cooing sounds.
- Chuckles in response to you.
- Cries when hungry or uncomfortable.
- Makes gurgling noises.



4 MONTHS

- Babbles and imitates sounds.
- Laughs aloud.
- Cries in different ways when hungry, in pain or tired.



6 MONTHS

- Coos and babbles more than two vowel sounds (“ah,” “eh,” “oh”), squeals and laughs.
- Copies sounds that others make.
- Responds to own name.
- Begins to say consonant sounds like “b” and “m.”



9 MONTHS

- Makes sounds like “bababa,” “dadada,” “mamama.”

- Understands “no.”
- Copies gestures such as nodding head for “yes” and shaking head for “no.”
- Points at things.



12 MONTHS

- Uses simple gestures like shaking head “no” or waving “bye-bye.”
- Says “mama” and “dada.”
- Tries to say words.
- Responds to simple requests such as shaking head when asked, “are you all done?”

Motor Developmental Milestones

The first five years of life are a period of incredible growth in all areas of a child's development. Motor development, also called physical development, means how young children move their bodies and hands. Learn more about motor development and when babies roll over, sit, crawl, stand and walk.

The American Academy of Pediatrics (AAP) recently launched [Physical Developmental Delays: What to Look For](#), an interactive online tool, for parents of children ages 5 and under to use when they are concerned about their child's motor development.

The tool lists physical activities by the age at which they are typically performed. If you are concerned that your child has not achieved a certain milestone or if there have been setbacks, you can click on boxes included next to activity descriptions. This creates a list – with space for notes – that can be taken to the next pediatrician appointment.



NEWBORN

- Turns head easily from side to side. When lying on back, moves head one way and then another.
- Comforts self by bringing hands to face to suck on fingers or fist.
- Keeps hands mostly closed and fisted.
- Blinks at bright lights.



1 MONTH

- Raises head slightly off floor when lying on stomach.
- Holds head up momentarily when supported.
- Keeps hands in closed fists.
- Comforts self by sucking on fist or fingers.



2 MONTHS

- Holds head up and begins to push up with arms when lying on stomach.
- Makes smoother movements with arms and legs.
- Moves both arms and both legs equally well.
- Brings hands to mouth.



3 MONTHS

- Lifts head and chest when lying on stomach.
- Moves arms and legs easily and vigorously.
- Shows improved head control.



4 MONTHS

- Holds head steady without support.
- Grabs and shakes toys, brings hands to mouth.
- Pushes down on legs when feet are placed on a hard surface.
- Pushes up to elbows when lying on stomach.
- Rocks from side to side and may roll over from tummy to back.



6 MONTHS

- Rolls over in both directions.
- Begins to sit with a little help.

- Supports weight on both legs when standing, and might bounce.
- Rocks back and forth on hands and knees, may crawl backward before moving forward.



9 MONTHS

- Gets in and out of sitting position, and sits well without support.
- Creeps or crawls.
- Pulls to stand and stands, holding on.
- Begins to take steps while holding on to furniture (cruising).



12 MONTHS

- Pulls to stand and walks holding on to furniture.
- Gets into sitting position without help.
- Begins to stand alone.
- Begins to take steps alone.

Cognitive Milestones

Milestones help you understand how your child learns and grows. Cognitive development is critical to a child's growth. It describes how a child's brain develops, and includes skills such as thinking, learning, exploring and problem solving. It also affects other areas of a child's development, including language and social skills.



NEWBORN

- Sees objects that are eight to 12 inches away from his/her face.
- Is sensitive to sounds close by.
- Startles to loud noises by arching back, kicking legs and flailing arms.



1 MONTH

- Watches objects and faces briefly and follows moving object with eyes.
- Startles to loud noises by arching back, kicking legs and flailing arms.



2 MONTHS

- Follows moving object, such as rattle or toy, with eyes.
- Recognizes familiar people at a distance.
- Cries or fusses if bored.
- Startles to loud noises.



3 MONTHS

- Recognizes breast or bottle.
- Follows movement by turning head.
- Startles at loud noises.



4 MONTHS

- Watches moving objects, moves eyes from side to side to watch.
- Communicates if happy or sad.
- Watches faces and looks at your face while feeding.
- Reaches for toys and brings toys to mouth.



6 MONTHS

- Uses hands and mouth to explore the world.
- Transfers objects from hand to hand.
- Tries to get things that are out of reach.
- Looks around at things.



9 MONTHS

- Watches an object as it falls.
- Looks for objects that he/she saw you hide.
- Transfers things smoothly from hand to hand.

- Plays "peek-a-boo."
- Uses thumb and index finger to pick things up, such as cereal Os.
- Turns pages in a book.
- Puts things in mouth.



12 MONTHS

- Puts objects in and out of containers.
- Looks at the correct picture when it's named.
- Bangs things together.
- Begins to use common objects correctly (drinks from a cup, brushes hair).
- Follows simple directions, such as "pick up your book."
- Explores things by banging, shaking or throwing.
- Pokes with index finger.
- Lets go of things without help.

Social & Emotional Milestones

The first five years of life are a period of incredible growth in all areas of a child's development. Social and emotional development includes the child's experience, expression and management of their emotions, and the ability to establish positive and rewarding relationships with others.



NEWBORN

- Shows feelings by crying.
- Uses face and body to show you how he/she is feeling.
- Shows interest in watching your face.
- Quiets in response to your touch.



1 MONTH

- Shows feelings by crying.
- Shows interest in watching your face.
- Quiets in response to touch.



2 MONTHS

- Shows feelings by crying or smiling.
- Begins to smile at parent.
- Follows parent with eyes.



3 MONTHS

- Quiets to familiar voice or touch.
- Smiles at people.
- Enjoys being hugged and cuddled.



4 MONTHS

- Smiles spontaneously, especially at people.
- Shows excitement by waving arms and legs.
- Calms and stops crying when comforted (most of the time).
- Enjoys playing with people and imitating smiles and frowns.



6 MONTHS

- Knows familiar faces and begins to know if someone is a stranger.
- Enjoys playing with others, especially family (such as “peek-a-boo”).
- Likes to look at self in mirror.
- Responds to other people’s emotions and often seems happy.
- Makes sounds to express happiness or displeasure.



9 MONTHS

- Shows feelings by smiling, crying and pointing.
- Prefers certain toys.

- Clings to familiar adults.
- Cries when parent leaves and is shy around strangers.
- Responds to own name.



12 MONTHS

- Prefers certain people and toys.
- Imitates sounds, gestures or actions to get parent's attention.
- Cries when parent leaves and is shy around strangers.
- Puts arm or leg out to help with dressing.
- Enjoys playing games like “peek-a-boo” and “pat-a-cake.”