

CDC Milestone Checklist

Baby's Name:

Date of Birth:

Age:

Today's Date:

Milestones at 2 Months of Age	Today's Date:
Social and emotional: <ul style="list-style-type: none"><input type="checkbox"/> Appears happy when you approach<input type="checkbox"/> Calms down when spoken to or picked up<input type="checkbox"/> Gazes at faces<input type="checkbox"/> Smiles when talked to or smiled at	Cognitive: <ul style="list-style-type: none"><input type="checkbox"/> Gazes at toys<input type="checkbox"/> Observes your movements
Language or communication: <ul style="list-style-type: none"><input type="checkbox"/> Vocalizes or makes sounds (does not include crying)<input type="checkbox"/> Responds to loud noises	Movement or physical: <ul style="list-style-type: none"><input type="checkbox"/> Can hold head up when lying on their tummy<input type="checkbox"/> Can move both arms and both legs<input type="checkbox"/> Can briefly open hands

Milestones at 4 Months of Age	Today's Date:
Social and emotional: <ul style="list-style-type: none"><input type="checkbox"/> Giggles or chuckles (not quite a full laugh)<input type="checkbox"/> Makes sounds, moves or looks at you to gain or keep attention<input type="checkbox"/> Smiles on their own	Cognitive: <ul style="list-style-type: none"><input type="checkbox"/> Opens mouth when hungry and sees a bottle or breast<input type="checkbox"/> Interested in its hands

Language or communication:

- Makes cooing sounds (“oooo” or “aaah”)
- Responds to you talking with their own verbalizations
- Follows sounds by turning towards them

Movement or physical:

- Brings their hands up to their mouth
- Can hold head up without support when held
- Can hold onto toys
- Can swing toys
- When lying on their tummy, they can push up onto their elbows or forearms

Milestones at 6 Months of Age

Today's Date:

Social and emotional:

- Can fully laugh
- Interested in their appearance in mirrors
- Recognizes familiar people

Cognitive:

- Explores objects such as toys by putting them in their mouth
- Reaches to grasp toys
- When full or does not want more food, closes their mouth

Language or communication:

- Engages in making sounds by taking turns with you
- Squeals
- Sticks tongue out and blows “raspberries”

Movement or physical:

- Can roll from their tummy onto their back
- When lying on their tummy, can push up onto straightened arms
- When sitting, they are able to support themselves by leaning on their hands

Additional notes

Milestones at 9 Months of Age	Today's Date:
<i>Note: At 9 months your baby is typically due for a general developmental screening with your pediatrician or family doctor.</i>	
<p>Social and emotional:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Appears shy or clings to familiar people when around strangers <input type="checkbox"/> Can make many facial expressions <input type="checkbox"/> Shows understanding of their name by looking at you when they hear it <input type="checkbox"/> When playing peek-a-book they laugh or smile <input type="checkbox"/> When you leave they show responses (looking, reaching or crying) 	<p>Cognitive:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bangs objects such as toys or spoons together <input type="checkbox"/> When they drop an object they attempt to look for it
<p>Language or communication:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Makes a rang of noises <input type="checkbox"/> When they wish to be picked up, they raise their arms 	<p>Movement or physical:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can independently get into a sitting position <input type="checkbox"/> Can pass things between their own hands <input type="checkbox"/> Can bring food towards them with their fingers <input type="checkbox"/> Is able to sit upright on their own
Additional notes	

Milestones at 12 Months of Age	Today's Date:
<p>Social and emotional:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can play games with you 	<p>Cognitive:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can move and manipulate objects, such as placing a toy into a containers <input type="checkbox"/> Searches for things that are hidden, such as your face behind hands or a toy beneath a pillow

Language or communication:

- Has developed names for their parents such as “mama” or “dada”
- Pauses or briefly stops when someone says “no” (shows understanding)
- Waves with their hands as a “hello” or “bye-bye”

Movement or physical:

- Can pull themselves up into a standing position
- Is able to walk by holding onto hands or objects such as furniture
- Is able to drink from an open cup while it is being held
- Is able to use their thumb and index finger to pick things up

Additional notes**Milestones at 15 Months of Age**

Today's Date:

Social and emotional:

- Claps when happy or excited
- Hugs toys they like, such as a doll or bear
- Imitates other children during play
- Presents objects they are interested in
- Is affectionate in their actions, such as hugging cuddling

Cognitive:

- Beginning to imitate how others use objects such as ‘reading’ books, or ‘calling’ on the phone.
- Can stack objects such as wooden blocks

Language or communication:

- Asks for help or something by pointing
- Beginning to try two or more new words
- Beginning to understand object names by looking at them when you say them
- Can follow directions that are communicated through verbalizations and gestures

Movement or physical:

- Beginning to take steps independently
- Feeds themselves food

Additional notes**Milestones at 18 Months of Age**

Today's Date:

Social and emotional:

- Checks you are close by, particularly when they move away
- Moves their arms through sleeves or lifting feet to help you dress them
- Lets you wash their hands by putting their hands out
- Looks at books
- Shows you something interesting by pointing

Cognitive:

- Imitates you when cleaning or doing chores
- Plays with toys as they were intended such as pushing toy prams

Language or communication:

- Beginning to try three or more new words
- Follow simple instructions without gestures, for example passing you the spoon when you say "give me the spoon."

Movement or physical:

- Able to get onto furniture on their own
- Draws or scribbles
- Eats on their own
- Tries using utensils when eating
- Sips from a cup on their own
- Walks on their own

Additional notes

Milestones at 24 Months of Age	Today's Date:
<i>Note: When your child reaches 24 months (2 years) of age, they are likely due for a developmental screening. It is also recommended that your child is screened for autism.</i>	
Social and emotional: <ul style="list-style-type: none"> <input type="checkbox"/> Follows your facial expression to observe your reactions <input type="checkbox"/> Is able to observe and understand others' emotions, such as looking sad when someone seems upset or is crying 	Cognitive: <ul style="list-style-type: none"> <input type="checkbox"/> Able to hold and play with multiple things at once <input type="checkbox"/> Begins trying to manipulate objects such as switches or door knobs Can multi-task with their hands
Language or communication: <ul style="list-style-type: none"> <input type="checkbox"/> Can respond to things by pointing <input type="checkbox"/> Can string at least two words together, for example "more water" <input type="checkbox"/> Can point to at least two parts of their body when named <input type="checkbox"/> Uses a variety of gestures 	Movement or physical: <ul style="list-style-type: none"> <input type="checkbox"/> Able to kick <input type="checkbox"/> Can walk up a few stairs (with or without help) <input type="checkbox"/> Can run <input type="checkbox"/> Uses utensils when eating
Additional notes	

Milestones at 30 Months of Age	Today's Date:
<i>Note: When your child reaches 30 months of age, they are due for a general developmental screening.</i>	
Social and emotional: <ul style="list-style-type: none"> <input type="checkbox"/> Able to command attention by for example saying "look at me" <input type="checkbox"/> Able to follow small routines or instructions <input type="checkbox"/> Can play with or beside other children 	Cognitive: <ul style="list-style-type: none"> <input type="checkbox"/> Can demonstrate understanding of one color by pointing <input type="checkbox"/> Can follow simple instructions <input type="checkbox"/> Shows preliminary problem-solving

<p>Language or communication:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can say around 50 words, including words like “I” or “me” <input type="checkbox"/> Can link at least two words together <input type="checkbox"/> Can name things in an image or book 	<p>Movement or physical:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can manipulate objects by twisting or turning them <input type="checkbox"/> Can jump <input type="checkbox"/> Can remove clothing items by themselves <input type="checkbox"/> When reading with you, they are able to turn pages
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Additional notes

<p>Milestones at 3 Years of Age</p>		<p>Today's Date:</p>
<p>Social and emotional:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Is able to self-soothe or calm down after you leave (within 10 minutes) <input type="checkbox"/> Is able to join other children during play 	<p>Cognitive:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avoids dangerous objects such as hot stoves following warnings <input type="checkbox"/> Can draw simple objects on command, such as drawing a triangle after you have showed them how 	
<p>Language or communication:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Asks questions involving “who,” “what,” “when,” “where,” or “why” <input type="checkbox"/> Can converse with you for at least two exchanges <input type="checkbox"/> Can communicate well with others 	<p>Movement or physical:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can dress themselves with some items <input type="checkbox"/> Can join items together such as gluing pages or stacking blocks 	

Additional notes

Milestones at 4 Years of Age	Today's Date:
Social and emotional: <ul style="list-style-type: none"> <input type="checkbox"/> Able to pretend or imitate others when playing <input type="checkbox"/> Able to alter their behavior in response to the environment <input type="checkbox"/> Asks to play with others <input type="checkbox"/> Avoids dangerous situations or actions <input type="checkbox"/> Willingly helps <input type="checkbox"/> Shows empathy or is able to comfort others 	Cognitive: <ul style="list-style-type: none"> <input type="checkbox"/> Able to name some colors <input type="checkbox"/> Able to draw someone with more at least three body parts
Language or communication: <ul style="list-style-type: none"> <input type="checkbox"/> Able to sting sentences with at least four words <input type="checkbox"/> Able to answer simple questions <input type="checkbox"/> Can recall words from stories or songs <input type="checkbox"/> Can recall at least one things from their day 	Movement or physical: <ul style="list-style-type: none"> <input type="checkbox"/> Able to unzip or unbutton clothing <input type="checkbox"/> Able to hold a pencil or felt pen correctly <input type="checkbox"/> Can catch items <input type="checkbox"/> Can serve themselves food or beverages
Additional notes	

Milestones at 5 Years of Age	Today's Date:
Social and emotional: <ul style="list-style-type: none"> <input type="checkbox"/> Able to wait their turn and follow rules when playing <input type="checkbox"/> Completes simple tasks such as clearing the table <input type="checkbox"/> Performs acts for you such as singing 	Cognitive: <ul style="list-style-type: none"> <input type="checkbox"/> Able to count to 10 <input type="checkbox"/> Able to write or name some letters <input type="checkbox"/> Can focus on activities <input type="checkbox"/> Can name some numbers when presented

Language or communication:

- Able to answer simple questions
- Able to recognize or use rhymes
- Able to story-tell
- Can converse with you for at least for exchanges

Movement or physical:

- Can button up or zip up clothing
- Able to hop

Additional notes