

# CDC Milestone Checklist

Baby's Name:

Date of Birth:

Age:

Today's Date:

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

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

**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**

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

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

**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**

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

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

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

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

**Additional notes**

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

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



**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**